

Enough To Make You **BLUSH**

Exploring Erotic Humiliation



by Princess Kali

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You Blush

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AN INTRODUCTION TO EROTIC HUMILIATION

Written by Princess Kali

An Erotication Publication

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CHAPTER 1

Introduction

Erotic humiliation is a complex, varied, and mostly misunderstood fetish. Stereotypes and misconceptions can create apprehension about giving this intensely psychological kind of play a try, even for those who have a deep desire to experience it.

If you've ever looked for guidance on playing with erotic humiliation, you've likely discovered that there are not many resources available on the subject. There are plenty of books and videos available about rope bondage, or dominance and submission, but few with a focus on psychological play. I've heard many kinksters express frustration with the lack of information available.

Humiliation isn't just about smeared mascara and groveling under boots, it's also about exploring vulnerability, trust, control, and sacrifice through absurdity, amusement, and consensual cruelty.

After reading this book, both light and heavy players will be equipped with exciting new ideas to use and expand upon in your kinky play. Do you know you're interested but haven't figured it out beyond that? Have you dabbled with embarrassment or humiliation but want to improve your play? Are you a "hardcore" player ready to go deeper and/or wider? Regardless of where you are on the spectrum of experience, this book will inspire insights and arouse a new level of creativity in your play!

Who am I?

My name is Princess Kali and I was a professional dominatrix for over 10 years as well as being a lifestyle dominant for most of my life. I have always had a dominant and assertive personality, so when I discovered the kink scene I jumped in with both feet!

That is, I used my feet to jump at the opportunity to model at a foot fetish party in New York City. I was 22 and up for a sexy adventure, having no idea that it would lead me to an as yet unmatched passion and mission in life.

Since that fateful first foot fetish party, I have: hosted my own foot fetish parties as a hostess of Footnight™ events, owned six commercial dungeons, and starred in and managed a successful Female Domination pornography website including 32 self-produced DVDs. Over the years, I've also orchestrated hundreds of private sessions as a professional Dominatrix, with both individuals and couples. In 2007 I launched the revolutionary video-based sex education website KinkAcademy.com, which was soon followed by the more vanilla website PassionateU.com and the creation of Erotication.com. I have taught over 150 classes at more than 30 different national and international events and organizations, including kink events such as Dark Odyssey, Kink in the Caribbean, Oz Kink Fest, Floating World, the Fetish Fair Fleamarket, and many other events and BDSM clubs. I've also presented at mainstream institutions such as Harvard, Stanford, and South by Southwest.

It has taken me more than 10 years to put this book together. I remember attending an event sometime in the first couple of years of my career and attending a Jay Wiseman class (he's the author of the popular book *SM 101: A Realistic Introduction*). I went up to him after the class to thank him for his influential BDSM books and he said, "Oh yes, Princess Kali! I've heard you're the go-to girl for humiliation."

I was proud my name had already traveled and decided right then that I had to write a book about humiliation based on the classes I had already started successfully teaching.

So it was full circle when I was having lunch with Jay (who is now a friend and Kink Academy colleague) and he encouraged me to just finish the book already!

I am very proud to present this book to you, and glad Jay encouraged me to finally get it done.

What this book isn't: a therapist endorsement of these activities as healthy or your particular experience as healthy. I am not a psychologist.

BDSM and erotic humiliation play in particular are so personal that there's no absolute way to determine if what you're experiencing is "healthy" (which is a subjective concept anyway).

There are risks, but there are risks in almost all kink (and life). That's why it's important to tread lightly, but that doesn't mean you can't tread. Emotional masochism is as "legitimate" as physical kink. Just like all other kinks, you can play at the level that's comfortable/erotic for you. (I'll talk a lot more about that later in the book.)

The wonderful thing about BDSM and your fantasies is that they are exactly that -- YOUR fantasies. No one can tell you that the fantasies are right or wrong as long as everyone is getting what they need as safely as possible and no one is getting hurt non-consensually.

To be honest, erotic humiliation doesn't always "make sense." In fact, a lot of times it doesn't. And that's okay. Sexuality is extremely complex, we barely have language to describe the more traditional sexual interests, let alone the psychologically entangled and unusual ones. But that doesn't matter. In my opinion, there are three fundamental basics that should be met to determine if what you're doing is "good" for you:

1. You are giving your informed and un-coerced consent, and so is your partner. This is paramount.
2. It turns you on. Engaging in it takes you to the most intense sexual release possible.

3. You are ultimately glad you did it.

Kink has a lot of depths to explore, both within yourself and in others. But that shouldn't be taken on lightly, especially with humiliation. We do NOT want to damage each other. Ultimately kink and erotic humiliation should be a positive experience and expression. If it becomes damaging, then it's time to rethink it.

This book is also not intended as an exhaustive list of humiliating activities. As you'll read, so much of this has to do with the mindset and psychology of those that are playing, so it's impossible to list every single thing that a person might find erotically humiliating. The activity chapters are meant to be an inspiration and a "starter list" of actions you might consider when planning a scene.

What this book is: one woman's perspective on erotic humiliation, enriched by lots of quotes collected from the larger kink community.

I'm writing this book with an intention of offering concrete ideas and hard-won insights. Based on my years of experiences, these suggestions will make, at the very least, an excellent jumping off point for your own fantasies. I will be honest when I think a fantasy should stay just that, and will give you tips on making some edgier ones realistically happen. Ultimately, you are an adult and have to make your own decisions.

I've included some helpful tips and ideas for both the dominant and submissive roles (so if you're a switch you get double the awesome!) but the main instruction is for the dominant.

Many of the ideas in this book can be combined, or overlap between chapters (for example, I talk about verbal play in many of the other chapters as well as it having its own chapter). I leave it to you to create the matrix of experiences that is best for your desires.

Obviously, because humiliation is such a varied interest, I'll never be able to get to everything, but this book is a really great start! There are many

activities that kinksters might find humiliating that aren't discussed in this book, but that's only because the book would be 10 pounds and too many chapters if I included everything.

I am already planning a sequel entitled "A Deeper Shade of Red" which will be an anthology of how-to articles and erotica written by many educators and contributors from the kink community.

So to be clear, I am a white cisgendered queer female, whose D/s experience has mostly centered around heterosexually driven interactions with cisgendered submissive men. The main voice of this book is my own and speaks from my personal experiences. I believe my experiences are adaptable, but I want to disclose my position upfront.

However, I've also crowdsourced ideas and quotes from online kinksters, as well as friends and educators in the community. Because humiliation play takes place in the mind, I figured the more minds the merrier!

A note about the quotes: They were all collected consensually from a survey I posted online requesting responses. 328 responses were collected between November 2014 and August 2015. Only light editing for greater ease of reading was done, otherwise it's in their own words and punctuation. All names are listed as requested, including many that are anonymous or represented by letters (either because they indicated they wanted to be anonymous or because they consented to being quoted but didn't list a pseudonym).

How to use this book:

My recommendation is that you start at the beginning and read straight through. The early information regarding safety, communication, and setting up the healthiest experience is crucial to being able to put the activities included later in the book to use. If you feel like you simply have to jump ahead, then go take a peek at the activities chapters, but before you put anything into play, come back and read the other stuff. Believe me, when you have more successful experiences you'll be glad you did.

As I said, there's something for people on any side of the power dynamic in this book, but it's mostly written from a dominant perspective since that's the side that tends to be most often responsible for session planning and putting the humiliation into action. But if you're submissive, there are ideas here for you, too. Whether you're coupled and can put these ideas into action immediately, or single and trying to learn more about your needs for when you find a partner, this book can be a source of inspiration as well as instruction to fulfilling your kinky desires.

Before we get started, I want to reiterate that this book assumes that you are a legal adult engaging in consensual and erotically-intentioned kinky play with another legal adult. You assume responsibility for your own physical and psychological safety. I accept no liability for your actions or their results.

Survey Question: Do you consider yourself a humiliation fetishist?

Humiliation is probably the cornerstone of submission for me, everything else stems from it. It is the mental/emotional aspect which excites me most.

- Anonymous

It turns me on to be verbally humiliated during sex and during D/s service. I've noticed that I usually get more aroused or can climax quicker when people talk dirty to me or humiliate and objectify me during sex.

- BB

I really prefer a strong mental and emotional connection in my play and sex, no matter which role I'm in. Particularly when submitting, having a humiliation element or playing with my vulnerability really makes me feel both closer to my partner, and more sexualized. Erotic humiliation is a huge turn on.

- Ella Notte

Humiliation with bondage and discipline is like the ice cream alongside a good pie. Sadism is the crust. It's an elevating factor that's self-aware. Discipline, and other types of (mis)treatment can be inflicted without any sort of meta-layer, but humiliation, journal writing, demerits or judgment are all ways to enrich and deepen the experience by virtue of the examination involved, or extend it, either in the prelude or aftermath. Humiliation, to me, is perhaps the least "playful" of what folks call "play."

- ohgodwhy_me

When I am having sexual relationships it's something that turns me on and it helps me reach orgasm faster. It's something I enjoy in my service/submission. However when I am celibate I enjoy using it in play but with the understanding I am not looking for any sexual attention afterwards. I enjoy the concept of humiliation as a service sub situation where my humiliation is someone's enjoyment.

- Amy Shiner

I am capable of orgasming and experiencing pleasure without humiliation. However, I definitely feel that orgasms paired with humiliation are richer and more memorable.

- Ash

i love to be humiliated and degraded, the only way i can cum is by feeling like a worthless piece of fuckmeat, a toy to be used, abused and then discarded with the rest of the trash.

- Emma the Sissy Slut

Most humiliation play isn't about orgasm for me. It's not required, but [it is] how I most enjoy orgasm. I will say it's one of my deepest play desires and it feels like a drug to me.

- Boundprincess

Humiliation, and seeing how far someone will push themselves for me (when I top) or how far I will push myself (when I bottom) is really attractive. There's a sense of commitment that I don't feel in usual sexual play. Even when watching humiliation porn the experience seems more visceral because of the obvious strain on the performer.

- Foot Rest Boy

Humiliation play doesn't give me orgasms, but it's an important aspect of our sex life -- one that I often crave and gain arousal from.

- Miss JW

Heavy humiliation requires an element of trust that can only develop over time, so I enjoy it most (and can go the furthest) with subs I play with frequently. I prefer it lighter with casual playmates.

- J.V. Altharas

While I do not outright pursue humiliation w/ a kink partner, I find it to be a great sign of trust and connection when that play can be worked into a dynamic. It's not the first thing my mind goes to when self-pleasuring.

- Erin Quinn

While it is not required to orgasm, my orgasms are much more intense when I am humiliating my submissive. Also the orgasms are more satisfying.

- Thanos

I enjoy seeing how much my submissive gets turned on by being humiliated. Teasing and degrading him builds a sexual tension that I find titillating. It gives me a rush.

- Princess Annika

CHAPTER 2

What Is Erotic Humiliation?

"Here's the thing, anything can be humiliation with the right people and the right context. What may be innocent and sweet to me may be devastatingly humiliating to you."

- BLISSY

First things first. What is humiliation? One of the most important things to remember when it comes to this type of play is that everyone's experience is going to be vastly different. There is no such thing as a "humiliating activity" that is guaranteed to work on everyone. It entirely depends on the mindset of the people involved. What one person finds degrading another person might find liberating. So there's no perfect formula - it really is something you have to personalize.

The American Psychological Association defines humiliation as a "feeling of shame as a result of being disgraced or deprecated. The feeling sometimes leads to severe depression and deterioration of the individual's sense of self-esteem. Humiliation of a partner is frequently found in relationships characterized by sexual sadism and sexual masochism."

Erotic humiliation is about taking a "real world" thing/word/action which we commonly understand as "humiliating" and re-contextualizing it as erotic

play by adding a layer of acceptance, appreciation, and mutual enjoyment. It's important to understand how the real world context forms the basis for why these activities are humiliating. Erotic humiliation plays on concepts like misogyny, gender roles, and the "ick factor" to create an experience that is ultimately pleasurable, rather than offensive, injurious, or disgusting.

"It is entirely possible to make just about any activity a humiliating one, depending on the desire of the bottom to participate. Taking away their control of the situation and forcing them to do something unsavory or embarrassing to them is the very nature of humiliation. So if they are embarrassed by their desire to sleep with a woman, to eat oatmeal or to watch network television, these can all be humiliating tasks. And eroticism is simply introducing an element of the erotic into that situation. So maybe giving him a hand-job while he is forced to watch American Idol could in fact be humiliating. Period."

- Mr Ogre

Social hierarchies are an essential part of our "civilized" nature; they are also an integral part of our individual identities. To a large extent, we define ourselves by our position in these hierarchies. It's important to our integrity to know just how high up on this ladder we are – and equally important to believe that we belong there. When something happens that shows us that we don't belong there – or when something happens (i.e., when we do something) that moves us down this social ladder, we feel embarrassment, shame... humiliation. In erotic play, these feelings are connected with arousal.

One thing that has come up in many of my workshops is the need for an act to be witnessed by at least one other person for it to be humiliating. It's like the difference between tripping and falling when you're all alone versus when someone is there to see and even laugh at your clumsiness. Feelings of shame are tied to someone else knowing about it rather than the action itself.

There are a lot of myths and stereotypes surrounding humiliation play, so let's look at 3 of the most common ones.

Myths & Stereotypes

Only damaged people like it

People on both sides of the humiliation dynamic worry about what their desire for this kind of play says about them. I'll speak more extensively later in the book about why people like it, but for now I want to address the idea that only people with low confidence and low self-worth would let someone humiliate them, and its corollary that those who want to humiliate others are hateful and genuinely disgusted by their partners. My experience and my research show that this is simply not true. In my experience, 90% of the submissives I've played with have very high self-esteem. Accordingly, my survey showed that more than 75% of people responding thoroughly enjoy their desire for erotic humiliation play and felt that a high level of confidence is an important part of engaging in healthy erotic humiliation. The biggest concern was the judgment of others in case of non-consensual discovery. Personally, I've found that the people I've played with tend to think very highly of themselves; perhaps that's part of why they are so turned on by being humiliated.

"The humiliation for me does not come from a lack of confidence or self-esteem, but from the interplay between knowing I am strong, smart, capable, and knowing I get turned on from being told I am none of those things and less."

- Em the Sissy

It's abusive

In the larger kink community there seems to be an attitude that there is more potential for abuse with psychological play than physical play, but that's not entirely true. Yes, this type of play won't leave any bruises for the eyes to see, but safety is safety. This is why I spend so much time in the pages that follow talking about building trust and about consent.

There is a HUGE difference between someone exploring the edges of a partner's psyche in a consensual erotic humiliation scene, and someone truly

just being mean. In fact, when it's abusive, humiliation play goes much, much further than simply being mean.

"For a long time I wouldn't let myself humiliate others because I don't enjoy experiencing humiliation myself. I had to realize they are having a very different experience than I am. I just feel emotional pain. They feel much more and experience much more."

- S

It's cruel

Another really common myth that hinders people when it comes to exploring erotic humiliation is the idea that it's cruel, and that the submissives are supposed to feel "bad." For those who aren't attracted to this kind of play, it can seem outright repulsive (which can be the appeal for a certain type of humiliation player). So trying to wrap their heads around the psychological and emotional version of pleasurable pain can be difficult. Cruelty is born of sudden and inexplicably intense action, whereas consensual humiliation is nuanced and exists within well-established boundaries.

People tend to think of humiliation play as a leather-clad dom(me) yelling, "Go lick my toilet, you maggot," with that being the only level that is available. But like everything in BDSM, there are multiple ways that you can play. Not only can you play at a variety of intensities, but to do this well and safely takes a very strong level of affection between the people in the scene. The interplay of affection with frequent check-ins using established language or signals ensures that anyone who doesn't want to lick a toilet like an enthusiastic little maggot never exceeds their own limits (of course, that doesn't mean they're not then humiliated for their incompetence and reticence!).

"There are other [activities] I simply wouldn't do because I find them too hurtful, like body image insults, or calling him a loser. Anything I do that involves humiliation play really must at its core be something that binds us or helps the two of us bond. I would never want to do anything that does any actual psychological harm, or even makes him doubt my love."

- Anonymous

The context of affection and support is a linchpin of healthy kink play of all sorts. In the same way that someone who trusts that their partner ultimately has their well-being at heart for an extreme bondage scene or an impact play session, the communication, support, and desire from both partners is key for a healthy humiliation experience as well. No dominant or partner could provide the kind of necessary support and affection if they were motivated by feelings of malice or abuse. This balance is vital to the difference between hurtful humiliation and erotic humiliation play.

Other stereotypes and misconceptions that have come up in my workshops include:

“It’s all about being brutal.”

“That it’s disrespectful.”

“That you’re not right in the head.”

“It’s a dysfunctional way to play.”

“People assume it’s non-consensual.”

“There’s no way for it to be spiritual.”

“That there is no connection between players.”

“The humiliator is insecure, so therefore, they must be mean to others.”

“That people engage in this *only* to re-live past trauma.”

“The dominant is seen as being careless.”

“That it’s exploitative.”

“It’s payback for past experiences.”

All of these assumptions (and many more) might come from other kink players, or we might even struggle with them ourselves. It can be helpful to consider what stereotypes we might be internalizing in order to overcome those obstacles and achieve the most pleasurable, healthy expression of erotic humiliation.

Fetish or Kink?

With the explosion of information on the internet, language has grown more flexible in certain ways. One way is the use of the word fetish.

Fetish -- A form of sexual desire in which gratification is linked to an abnormal degree to a particular object, item of clothing, part of the body, etc.

This means that humiliation **MUST** be part of the sexual process in order for the individual to climax (or even become aroused in the first place). This is less common, but is certainly a factor for some.

The term “kink” has developed as a less formal description for a strong sexual attraction to non-traditional interests.

Kink: As in “a kink”. Sexual tastes for a person. Usually a kink is an unusual taste in sexual behavior.

Which tends to be a more accurate description for many. Humiliation is often something that is one of many interests in the BDSM realm.

“It’s one of my many kinks. It doesn’t define me or my sex life, but it can be an intense addition.”

- RL

Intensity

As I said before, there are multiple levels of intensity that you can explore. One of my favorite things about teaching this topic is seeing audience members realize that they are already incorporating this kind of energy in their scenes. When you broaden your understanding of what erotic humiliation **IS** you might be surprised at what you’re attracted to! So let’s break humiliation play down by levels of intensity.

Embarrassment

Embarrass -- To cause to experience a state of self-conscious distress -- simple things that might happen to anyone but where attention is called to them.

Embarrassment is fairly low-level play. The physical equivalent of this kind of humiliation might be a pinch on the cheek. It may be annoying, you can certainly feel it, but it's not going to do any real damage or startle you too much. I tend to think of it as something that could happen to anybody, but you would not want people to notice if it happened to you.

As an example, I like to use the idea of a submissive accidentally walking out of the bathroom with toilet paper stuck on the bottom of their shoe in a public place. If you are engaged in embarrassment play, you might lean close and whisper in their ear, "Jeez, everybody's going to notice that filthy toilet paper on your filthy slut shoes." Or a bit more intense might be instructing them quietly, "You have to walk around for another two minutes with that toilet paper on your shoe." This level involves subtle, more playful kinds of teasing which is mostly kept between the two players.

Humiliation

Humiliate -- To reduce to a lower position in one's own eyes or the eyes of others (public, a higher level, very specific thing done to them).

The next level is true humiliation. This is more the mid-level intensity, and in terms of a physical action – think of it as a face slap. You're giving a slightly less playful smack, and it's got an edge to it. It delivers more of a blow, but you're not knocking them out.

Returning to the toilet paper on the shoe example, I might say out loud to other people, "Look at this filthy slut! Can't even get the toilet paper off their shoe before they leave the bathroom." There's a slightly wider engagement, perhaps it's a little more "mean-spirited."

Degradation

Degrade -- To bring to low esteem -- hardcore, when we take them to very low places.

The highest intensity is degradation. Degradation is the right hook to the jaw, TKO, knocked the fuck out!

Back to the toilet paper example, you might loudly chastise, “You filthy whore, get in there and lick that toilet and then swallow that toilet paper.”

“Can you even wipe your ass correctly? Everybody is going to be in here thinking that your stinky ass is on that toilet paper while you’re dragging it around! Get down there and swallow that toilet paper. Suck it down!”

This is where the farthest edge lives, which requires the most trust and careful expertise to employ without causing unintended harm.

Styles of Humiliation

Styles of humiliation are influenced tremendously by what level of play you’re exploring. If you’re working more with low-level embarrassment then the style might be more tender yet mocking. For humiliation and mid-level play there’s likely a stricter edge to it, with a dash of disdain. Degradation is emphasized with a cold-hearted demeanor, completely disgusted.

We can broaden the idea of humiliation so that even if you’re not into “traditional” humiliation that doesn’t mean that there isn’t some part of this psychological pool that you can’t play in. Recognize that you don’t have to (and probably shouldn’t) leap into the deep end, just like anything else in the kink world, but there’s fun to be had in the shallows and infinite opportunity to wade deeper as you gain confidence and experience.

So when someone shares that they’re into humiliation, you’ll see how little information that statement is actually giving. You need more clarifying information about who they are, what they’re into, and what level they want to play at. That introduction is where your discussion begins, not where it ends.

Humiliation requires that you tune into the individual person that you're playing with. There's so much of the mind to explore, and people have such a different approach to their desires that your ability to "poke at" all of those dark spaces is actually what makes humiliation play an exciting adventure.

"I frequently incorporate some element of humiliation in my play style. Whether it is in the context of a loving relationship, a play partner or just a single scene, I find it important to engage the mind and humiliation works directly in the subject's brain."

- Mr Ogre

What one person finds to be low-level embarrassment might be hardcore degradation for someone else. There is no singular definition of whether activities are one level or another. It is entirely determined by the players involved.

My favorite example of this: satin panties on straight men.

For most straight, gender-conforming men, being "forced" to wear panties is completely emasculating. Those men have typically been told their whole lives that such frilly and silky fabrics are only for sissies (which is something to avoid being at all costs). This creates an incredibly strong taboo which can often be used in a consensual, erotically humiliating scene.

However, an aversion to their own attraction is not the only response possible. I have a long-time submissive who presents as genderqueer in kink spaces, but usually presents as a cis-het* straight guy. When I put panties on him he's prances around singing, "I'm in panties, sexy panties!" He is so not humiliated! He tells me enthusiastically, "I'm lovely in my panties." But when I put those same pair of panties on the earlier (actual) cis-het straight guy, he's going to think, "Oh my God, my manhood has been stolen from me." How the person feels about the action is what makes it sexy and powerful.

Key Concept: What one person finds humiliating, another person might find liberating.

What someone finds humiliating is most often associated with the biggest taboos in their own life. The humiliation comes from experiencing pleasure from these “bad” things, experiences that are socially supposed to be negative, which the fetishist somehow ends up eroticizing. This is why gender dynamics and bodily functions are often two powerful taboos.

Key Concept: You're looking to combine intensity, style, limitations, interests, and actions to find humiliation that turns you both on. **It's an erotic Rubik's cube!**

You can't humiliate somebody with something that they don't find humiliating, but once you find something that works, there is a lot of room to play, even within just one activity. For example, if you're into piss play, there are a thousand different ways to explore, wildly expanding the “only” thing that you enjoy.

Humiliation is 100% psychological. Even for the physical actions, it's the psychological response that makes it sexual. This sets it apart from something like impact play, where the physicality of an act is just as likely to be the erotic trigger.

For instance, splashing is messy food play where you throw food at people or dump buckets of, say, cake batter on their head. For somebody who finds that humiliating, the power lies in the mental experience, as opposed to just goop on their body. In fact, there are plenty of people into splashing who do NOT find it humiliating. They have a different emotional state associated with being messy.

“To me, to be erotically humiliating, it has to be somewhat realistic and has to be a mind game on some level, a game of wits. Yelling rote insults is sort of flat and meaningless to me. So, even though I marked a lot of these [activities] on the first [negotiation] list as very humiliating, many of them are not erotically humiliating to me. I like to keep a calm demeanor, never raising my voice, slowly twisting the guy's mind, using his desires against him.”

- Lanie

Cultural Context

There is no escaping the larger context of humiliating experiences or phrases. The reason the word “slut” is so powerful (even when it’s used lovingly in kink) is exactly because it’s the flip-it-on-its-head mentality that makes it sexy for kinksters to use it.

This is also true for gender roles. In a world culture of misogyny, playing with female dominant/male submissive roles can be especially humiliating for a particular subset of the male population. By using the larger world context and adding an underlying or overlying emphasis on acceptance and affection, amusement and love, the otherwise negatively shameful experience becomes an erotically charged humiliating experience.

By these examples, it’s obvious that the context for what somebody finds humiliating is crucial. If you’re trying to humiliate someone who doesn’t find satin panties humiliating, you’re going to be frustrated, and they’re going to be thinking, “Seriously? Is this it?” and you might just end up watching television instead of playing, which makes my pervert heart sad.

The context of the “outside world” really is important -- but it is the layer of affection, of care, of follow-through that we add to that context which is essential to happy, healthy humiliation (as opposed to harmful shaming). I think of it as being **in the bubble***. What we’re trying to do is create a bubble of kink that we go into at will. This bubble is like the Glinda the Good Witch bubble. This bubble is within the outside world. What we do is we take the context of the outside world and change it within the bubble. Inside the bubble, we can still see the world but we are liberated from its pressures and its judgment. We only bring in with us what we need, and we leave the rest outside. Just like Glinda, we can use the bubble to go anywhere.

“I do not enjoy anything that causes me to lose respect for myself, causes me to lose the respect of my partner, causes me to lose respect for my partner, or damages the self-esteem of either my partner or myself. However, done right it can be freeing to lose one’s self deeper in play, giving permission to say or do things that would normally be reluctantly done (if at all).”

- Matt G

In order to humiliate an individual, the key is really understanding their personal context. There's a story the dominant needs to hear that the submissive has been telling inside their head. Tease that story out and you'll know everything you need. That's what is going to dictate whether or not the submissive finds an action to be embarrassing, humiliating, or degrading. Great humiliation does not come from your orders or some external force. It comes from within.

Survey Question: What level of humiliation do you enjoy?

I enjoy all of them but need to have a very high comfort level to engage in more extreme forms. It also depends on the subject since with some things even the lighter level of embarrassment feels extremely difficult.

- Ella Notte

I've enjoyed being embarrassed for a long time, and only recently connected that it was indeed humiliation play. More mean-spirited play isn't frequent for me yet. It's edge play for me and my Sir, and he moves slowly into it (slower than what I want in the moment, but his caution is appreciated and makes me feel very taken care of).

- BoundPrincess

The harder the better. My motto is: no matter how hard, painful or dirty it is, i'm here to please Master.

- slaveboymx

I think that having someone who you are comfortable enough with to engage in degradation play is rare, but really awesome. It takes me a long time to get that level of familiarity with someone to engage in something with such high stakes.

- Foot Rest Boy

My limits as far as degradation go are avoidance of words like stupid or idiot. I do enjoy being told I'm worthless during play, but require validation otherwise as aftercare from my top. Other than that I enjoy light hearted humiliation in casual settings and enjoy more hardcore humiliation during scenes. My favorite things to be called are dirty, disgusted, perverted, greedy, fuck hole, slut, whore, and whatever else seems to fit the scenario.

- BB

I guess I consider "hardcore cruelty" to be more of the physical sort: either performing a degrading act upon me (fucking me with a dildo,

grinding me beneath Your heel) or proving Your Supreme Power by making me perform degrading acts (sucking that dildo, licking Your boots, eating from a dish on the floor, cumming on my own face). In both cases, of course, the most degrading aspect is that degradation becomes transcendence. I WANT it.

- krawling4Kyaa

Anything more than teasing I tend to interpret as an attack, and would rather just avoid. Playful teasing slips past my defenses, allowing me to feel embarrassed, uncomfortable, and turned on.

- Albatross

I enjoy a wide range of activities, I feel a good cocktail of all levels, floating back and forth, helps to really lose myself and fully give in to my tormentor.

- Amber Shock

It has to be scaled to what else is happening (and takes some practice on the part of the Domme to get right) but all levels of humiliation have a place within our relationship and add different dimensions. I have found hardcore degradation to be quite enjoyable, however there have been times where it has had a lasting effect on my psyche. This involved having to have a long talk with my wife about what happened.

- V

It varies with my mood and sometimes with his as well. Sometimes I enjoy making him blush and giggle, yet other times all I want to see is him reaching the point of shaking out of pure adrenalin because things are so intensely humiliating. There are also times when he clearly wants to be treated "rude" and if I'm feeling nice he gets what he asks for. He doesn't have a say in the intensity though, so it's always up to me whether his face ends up being my foot rest or if he has to masturbate standing naked outside on our (private) yard. Or whatever I come up with!

- Miss JW

I tend more towards degradation, but not in a “humiliating” way. For example, I’ll drink piss or lick feet or whatever...but if my partner tries to turn it into that I’m nasty or bad etc. for those things, it turns me off. I thrive on praise and my partner enjoying how filthy I am -- so in a way, that I’m a “good girl” for sinking to that level for him.

- Victoria Harrington

Rough generalization -- I like actions that express humiliation in a more playful way. It’s critical that despite the humiliation I know the domme in reality cares for me and respects me as a person. If involved in slave training, correction, even punishment are ok, but there must also always be a reinforcement of the idea that we are two people with mutual respect despite one of us having all the power, even if that power has been given voluntarily.

- A

CHAPTER 3

Why Do People Enjoy Humiliation?

"Some activities can be both loved and hated. In fact the hating of the activity is what makes you love it"

- ANONYMOUS

If growing up watching America's Funniest Home Videos taught us anything, it's that we like to laugh at someone else's pain. Many people are naturally sadistic in some way or another; most of us want to be hit or want to be the hitter.

For people in the kink community, it makes perfect sense to want to be tied up. It is perfectly normal to want a spanking. However even for kinksters, while these things seem natural, for many folks the desire for erotic embarrassment doesn't "make sense" in the same way. But the desire for humiliation comes from a very similar place as wanting physical pain. Spoiler alert: taboo is really what BDSM is about. More than the actions of flogging or sploshing or crushing testicles under your feet, what we fundamentally do is play with taboo. It's about forbidden and transgressive behaviors. It's about doing things that not everybody does.

One thing about humiliation that fascinates me is just how deeply misunderstood it is. Even people who love and enjoy really hardcore beatings or grueling intense bondage tell me, "I would never do that fucked-up humiliation stuff." There's very real judgment, even within the kink community.

In addition to the taboo, there's also an element of "getting a rush" out of this kind of psychological button pushing. It's exhilarating. I knew someone who was a skydiving instructor and I always heard people ask him the question, "Why would someone jump out of a perfectly good airplane?" so I sometimes feel like humiliation is the skydiving of the kink world. Why would someone want to be knocked a peg or two down off of a perfectly good social hierarchy?

"I've realized that lots of humiliating things turn me on, and that's okay, especially because there are other people who like putting me into (and then safely removing me from) those humiliating situations."

- E

When I get interviewed by the media, they inevitably ask, "What type of person is attracted to BDSM?" My response is that it isn't one social class or one ethnic group. Identity is made up of puzzle pieces, and sexuality is a hard one to fit. What people desire -- certainly in the BDSM world -- runs up against preconceived notions of what society says is okay. More importantly, though, it runs up against preconceived notions of what they think they should want, or what they believe they are allowed to have. The result is that the BDSM community is made up of people who think hard about these puzzle pieces in themselves, and usually have to break some "rules" to come up with their own solutions. So my consistent response is, "The 'typical' person in the BDSM world tends to be cerebral, and slightly smarter than the average person. Somebody who is creative."

"Humiliation helps set the mood, and sometimes creates me and my partner as characters in a fantasy."

- E

Some people like to spend time figuring out their sexuality, like putting together the puzzle of themselves. Many others simply come to a conclusion of acceptance of themselves, find a healthy outlet, and never go back to unpack "The Why" ever again. It's up to you to decide what path you'll choose. The question of why you -- why anyone -- is into humiliation is one that you may or may not feel compelled to answer. However, some people get stuck on the question of why they enjoy being humiliated. For some people, that question can be a real obstacle

to getting to the pleasure of the experience, in which case it can be helpful to examine.

When does arousal happen?

There are many who are interested in humiliation on the submissive side who find that the eroticism comes afterwards, when they're looking back on an experience, rather than when they're actually having the experience.

During the erotic humiliation experience itself, a lot of feelings can come up: feeling small, vulnerable, exposed, dirty, etc. The intensity can be distracting from feeling turned on in the moment.

But many are turned on before, during, AND after! I think this is one of the most complicated aspects of humiliation play: not only where and how, but when does the eroticization take place. Of course, there's no one right answer as long as the core aspects of healthy kink are being observed (more about that in the next chapter). Often submissives "hate to love" humiliation experiences -- not in a negative way, but in a love/hate relationship where there's a strong attraction which inexplicably grows over time.

*"I love the dark places and the darker we go, the more turned on I get."
- Belle*

This can be a psychological release and celebration of taboo. It's a feeling of, "Oh! We're not supposed to do it. Let's do it now with costumes and special props!"

Some kinksters do have a catalyst experience, from which they develop a fetish for, or erotic interest in humiliation. I'm a firm believer that kinky orientation is innate, but that doesn't mean that kinky people don't have -- just like vanilla folks -- an experience that compels them into their sexuality. There are some people that are into humiliation who can trace it back to a particular experience. Some people have an experience in their youth that inspires a lifetime of perversion. A moment's humiliation in front of the class, perhaps, or an instance of unwilling exposure. These experiences often happen

early in life and are associated with intense emotions and a person's earliest sexual feelings.

Many find themselves attempting to recreate the experience without the risk or involvement of others later in life, to recapture that bright mental impression of humiliation, attention, and vulnerability. This may lead to developing a relationship with a partner or a professional who can help the individual rebuild that experience under safe and consensual circumstances. In this way, erotic experiences and memories can be re-lived indefinitely, and their strange glory never fade. A common refrain is that kink can be therapeutic, but it's not therapy.

I lived in Boston for 11 years and I lived in the neighborhood known as Chinatown. There was a big water pipe break and my apartment which then completely flooded. Literally six feet of water flooded in 30 seconds and I lost everything I owned. I had three pro-domme sessions booked for the next day. I called two of them and canceled and called the only one who was into humiliation and said, "You're going to come to the hotel," I told him, "I've had a really shitty couple of days and I need to release some pent-up emotion and you're my submissive so I want you to take it. What do you think?"

He agreed and so when he arrived at the hotel, I went to the kitchen and I asked for a dozen raw eggs and I took them out to the parking lot and I threw eggs at him until I was giggling like a maniac and feeling much better about things because... life is fucked. What are you going to do?!

For him, it was about providing me with a submissive, devotional service. I needed to have a release – the activity was literally nothing to do with any specific activities he had asked for. But I said to him, "I need to do this thing. You say you're submissive to me. This is how you can best serve me." I used our power dynamic as the main focus, although I'd chosen him because he was into humiliation so I knew he'd still like it. Health tip: make sure that you don't get it in the eyes

or any cuts. He was bald-headed so it dripped down the side of his skull. By the time I was done I was laughing out loud!

Quick tip! If you're going to throw eggs at somebody, break them first because they don't actually break on human beings and it's really frustrating when you're throwing them and it just falls with a thud where they break on the ground!

For some, it's the facing of fear that is powerful and attractive. The fear of acting "improperly," the fear of confronting social taboo, the fear of their desires not being "acceptable," the fear of being vulnerable and "stripped of defenses," the fear of being removed from their comfort zone... all of these are fears that create a powerful psychological dynamic.

"I like the psychological reading of people. Finding those mental pleasure-pain buttons and trying to find the perfect time to press them"

- EQ

So, it's up to you on how much time you want to spend figuring out the "why" of this stuff. If you're having consensual experiences with an adult consensual partner and you come out of them feeling positive – then it really may not matter whether or not there was ever some sort of catalyst that happened or some "reason" that you're into this. Spend time on it or don't ... you can just get back to having kinky fun! If you're waiting for someone to give you permission to try these things and feel good about them, I hereby grant it with all the authority of my position as a Grand Poobah of Kink.

Survey Question: Did you have an experience that sparked your desire for erotic humiliation play?

I'm a very sexual girl. Multiple partners, orgies, group sex, etc. Regardless of the fact that I've explored a lot, I still get shy and embarrassed when starting to play with people outside of my husband. I discovered when in the presence of people who were comfortable with it that I enjoyed it. It made me get wiggly and squirmy and wet.

- Boundprincess

I did. When I was in Philadelphia one summer I had a one night stand with someone who I had sought out just for a pure humiliation experience. We spent a night in a hotel room where I was used as furniture, spit on, pissed on, and used as an object rather than a person that turned me on and I found an interesting attraction to that dynamic.

- Amy Shiner

No, it comes from within. I'm a really nice girl in general, but it's his wonderful and lovely natural desire to be ridiculed that brings it out of me.

- Miss JW

It kinda takes me back to grade school. I was left out of a party and felt humiliated. Revisiting humiliation is therapeutic. I can face the feelings and that makes me stronger and it makes the negative memories lose their power.

- Angelia

In high school I had a sleepover with my best friend and boyfriend, and while they thought I was sleeping, they started fooling around and fucking with no discussion beforehand. I burned with horror and shame while they disrespected me just a few feet away. Instead of freaking out, I took control and the rest of the week orchestrated threesomes and tied him down etc. I eroticized the horrid feeling of shame and humiliation and that's how I got my cuckqueening fetish.

- Kendra

I believe it started in high school when I found I enjoyed tying up jock boys and dressing them up like girls and making fun of them and then from there got very into small cock humiliation as well.

- Bella Vendetta

I think the desire was probably always there but accepting it and allowing it to happen took a little time. The deep trust I have in my partner allowed me to feel the humiliation, but feel safe as well. As a submissive I was in situations that were potentially embarrassing, and she took the opportunity to tease me a little during, or after the scene. For some time it was just very playful, but then I started asking her to go further with the names she used for me, and what she wanted me to do. Be careful what you ask for perhaps, but I loved it when she first went hard at me and every time since.

- P

Humiliation takes a very different edge when you are genuinely trying to break someone with no intention of giving them any sort of support afterwards. If you're humiliating somebody to build yourself up and it's not something that you both mutually enjoy, that's abuse (see my expanded explanation in Chapter 2).

One of the best examples is the word slut. The use of the word "slut" in the "real world" is almost always intended to be derogatory. When I was a teenager and was kissing boys and the other girls were very upset with that and were calling me a slut, it was not with a sense of admiration or empowerment. They used it to mean that I was a bad person or someone of lesser value. When I kissed a boy and got called a slut, it was not to celebrate me in any possible way. Now, when I call my submissive a slut, there is certainly a reference to the derogatory nature in the outside world and my own experience with it. But with my submissive, I reframe and reclaim "slut" to mean something new in the context of erotic humiliation, which is ultimately an empowering celebration. "Yeah, you're a slut. You like it. I like it. Let's see what this slut can do." Yay!

As a further example, consider an event that I go to every year, Dark Odyssey Fusion, where more than a thousand perverts take over a campground. People fuck on the grass and tie each other to trees and

pee on each other outside of the mess hall. It's a paradise for kinky, dirty people.

Every year they give an award for "camp slut." People vote, and it's very serious. Aspiring sluts campaign all weekend long. "Do you need a blowjob? Can I give you a blowjob? You got a blowjob? I'm going for camp slut. Who needs a blowjob?" It's not just chicks. We have sluts across the gender spectrum! A few years ago, they were giving out the camp awards at the mess hall, which is big enough to fit the entire camp during mealtime. The woman who had won "Camp Slut" -- and she earned it, let me tell you -- was at the back of this huge hall when they called her name.

As she walked up to the front stage to accept her ribbon, people began to chant, "Slut! Slut! Slut! Slut! Slut!" -- first a small group of people, and then it was naturally taken up by the entire hall. There was love and adoration and respect in that word. Empowerment. Within the context of, "But you're so dirty! You're doing dirty, filthy, 'bad' things," there was a much more powerful layer with the addition of: "Yay! We love it! We love you!" "Yay for sluts!"

Words are powerful.

There is a huge difference between shame and erotic humiliation of any level: Non-erotic shame is about leaving you feeling less-than. Erotic humiliation is intended to build you up -- to leave you satisfied, and ultimately more empowered than when you started.

Survey Question: Do you think that personal confidence levels are related to a desire for erotic humiliation play?

You need to be comfortable in your skin to play [with erotic humiliation.]

- Anonymous

I have often wondered whether there is a relationship between confidence and desire for humiliation. Being a less confident woman, I desire erotic humiliation because it allows me to face and release my insecurities in a safe environment with a partner I trust.

- Ashley Rose

It can actually help me feel more confident to play with my insecurities, because talking about it takes away some of the power of it.

- Ella Notte

Yes, my desire is definitely linked to my confidence level. When I am flying high, it will keep me grounded, when I am feeling low it can level me out.

- Amber Shock

I think there is a reverse bell curve. You either need to be so lacking confidence that you willingly internalize the humiliation, or confident enough that you are resilient toward it and your personal image isn't deeply shaken by it.

- Corrine

Possibly. I think I am pretty outgoing and confident but love humiliation. I'm not sure if that's common, but it may be a therapeutic way to deal with little insecurities we usually don't show or to have humbling experiences to balance out personality.

- BB

I think people who like to be humiliated might have a sensitivity to confidence, but not necessarily a confidence problem. I think it just makes them conducive and receptive to humiliation play.

- Loving Dom

Yes, I think you need to have a strong personal confidence level to be able to handle [humiliation]. If you are not feeling confident you are not able to separate yourself from the situation and know at the end of the day the relationship is solid. I need to be able to read my partner and know after [our play] that I am still respected.

- Amy Shiner

I need to know the person I'm playing with respects me as a person, that they don't really look down on me for enjoying humiliation. That's not exactly the same thing as personal confidence levels, but confidence levels in my partner's views of me is very important.

- Boundprincess

Yes, absolutely. At both extremes - both very low esteem and high esteem. Often, I have to discern which end I'm dealing with.

- Master Richard

Absolutely, confidence is a huge part of being able to do [erotic humiliation]. If I wasn't secure in my own body then quite possibly some of the humiliating things I enjoy might tear me apart if I thought too much about them. At some point you have to let go and enjoy and not get hung up on what is said or what is going on.

- G

If you don't have a certain baseline of personal confidence, you will most likely find it difficult to distinguish between the security in being dominated in general, and real life social 'dangers' as genuine, unwanted humiliation.

- Morten

I am very confident but like to tap into the past and explore. I like when my partner is mean to me, but we get to have aftercare. I like reliving past trauma but on my own terms.

- Kendra

I personally feel that when I'm down and have low confidence, a session of humiliation while [momentarily] making me feel worse while it's happening, kind of jump starts my endorphins and i feel more confident after being strong and enduring the humiliation.

- M

Absolutely. Oftentimes I have found that people I have played with that were into humiliation play had a deep-rooted need for it, serving some underlying experience, to gratify that important facet of their personalities. Some were highly insecure, others were seeking to purge that insecurity so that they could continue the rest of their rather secure life.

- Mr Ogre

It definitely seems to become more of an urge if I'm feeling "on top of the world."

- Scarlet Begonias

Yes, i think a high level of self-confidence allows erotic humiliation to be possible and not have it seep into activities outside of play or a power dynamic.

- Erin Quinn

Not really. I think that all confident people could use being knocked down a peg or two to appreciate they are not the be-all-end-all. I think those suffering from lack of self-confidence can benefit from humiliation as a stepping stone to self-awareness and acceptance.

- TaRt

There is a theory I have that by subconsciously "deciding" to transmute shame/humiliation into something erotic, it ceases to have any negative effect on us.

- R

i can be the most arrogant and confident person you'll ever meet, but at times i just want to be to feel low, to be made to feel worthless and weak.

- Shaun Taylor

I am a pretty confident person. For the people I humiliate yes, I don't enjoy humiliating people who are not confident in themselves as much.

- Thanos

For the submissive – Why would anyone let someone do this stuff to them?

One reason is that the physiological response to being the recipient of erotic embarrassment and humiliation is almost identical to traditional arousal. Your heart beats faster. You get flushed. You get really nervous. You can't focus. Your palms get sweaty. There's an actual physical experience that supports the mental/psychological/emotional experience happening.

"I 'sub out' when humiliation has eroded my sense of having any control and I am left feeling helpless, embarrassed, small and completely in awe of my Sir. It's an expression of power that she has over me. I can't fight back, I can't resist and I just have to become smaller and smaller as it continues. It's a little scary, but wonderful."

- P

There can be a wide range of reactions to erotic humiliation play. Blushing, feeling nauseous, feeling dizzy, wanting to run and hide, avoiding eye contact, being at a loss for words, and, of course, feeling turned on.

During my workshops these are some of the answers that have come up from submissives for the question of what they get out of it:

"Because it turns me on."

"To prove I can take it."

"Puts me in my place."

"I love the loss of control."

"It's a permission slip to do taboo things. *I'm* not doing it. I'm being 'forced' to do it."

"Suffering is an act of service."

"It makes me feel vulnerable."

"I feel a cathartic release."

"It can be done anywhere, and it doesn't need any other tools."

"Being seen -- that I'm really acknowledged and the focus is on me."

When you put not only your bodily safety and but also your mental well-being in the hands of somebody else, there is definitely an extra layer of risk.

This is another reason why I think humiliation play is really scary (and thus also enticing) for a lot of people. It's a major responsibility to ensure that I don't do nerve damage while I'm tying you up; it's just as big a responsibility to ensure that I don't send you to therapy afterwards.

For the dominant – Why would somebody want to do this stuff to people?

This question is not usually as difficult to answer. The fact is that it's super fun and super taboo, and it's really exciting to play at being mean in a way that is actually ethical and appreciated. Think back to the experience of watching America's Funniest Home Videos. The power of forcing somebody (within a consensual arrangement) to do taboo things is gratifying and liberating; it allows a dominant to express a part of himself or herself that is not often acceptable in life.

"I really, really, really love the idea of taking a strong man into my hands and molding him like putty, bringing him down a peg or five."

- Lanie

I also derive a sense of pride from it, relating to my submissives. I feel super proud of my submissives when they get through really humiliating experiences. They know I have a sense of pride when they do something that I know is difficult for them. They want me to feel that pride, so they push through. They know that I *want* them to do it and so they push through. That's a really satisfying and impressive feeling. I rather like that people will sacrifice their dignity for me.

Intention has a huge influence over what we're doing being healthy. That level of affection (as discussed in Chapter 2) is really important. Having a high level of affection for the person you're playing with is really central for healthy humiliation. This is, of course, the big delineation for all of the BDSM stuff. But even with this high level of affection, some dominants do occasionally take a step back and say, "Oh my god, what am I doing?" which is completely natural. We've spent many years being told by society that this sort of behavior isn't acceptable. So, as a dominant, if you're struggling with conflicted feelings about humiliating your partner, find a mantra that can help you remember

that this is what they've asked for. This is what they want. This is something that you've negotiated together.

"The moment when you fulfill a fantasy for yourself or your partner is a really special one, and knowing that I've had these great moments or made those moments for others is very meaningful to me."

- Foot Rest Boy

For me, the short answer is that it's fun to be mean simply because I'm not supposed to be. I love the taboo of it. Like many women, I was raised to be a "very nice girl". I have struggled against the definition of that my whole life. I do believe that I am a nice person (and people who know me would agree), but having an approved, consensual, and ethical outlet to be a total cunt is important for my personal psychological well-being! That's my reason, but there can be a lot of other reasons, too.

I'm very into control. Control is one of my **kernel kinks*** and so I like to make people follow my commands. I also have an absurdity fetish. Life is funny. It's really fucking funny, and what we kinksters do is even funnier, so I embrace that. I love to use humiliation and use power dynamics to embrace those things.

Here are more reasons that have come up from dominants in my workshops:

"It's a way of understanding someone. If you know what humiliates them, it's like a way of breaking down a person and really knowing them."

"It's really intimate."

"I like creating the conflict between shame and excitement."

"It's intellectually stimulating."

"I like to help someone access a part of themselves that they might not be comfortable with."

"I love the cathartic release on the top side."

"I'm an emotional sadist."

"The ability to flex my creative muscles is most certainly there in humiliation."

"It doesn't leave any obvious physical marks."

"You can show someone however low they go, you'll always love them anyway."

"To show how in control you are."

There is so much in our world that we don't control. To have specific experiences with negotiated boundaries where we can consciously give up control, or we can consciously take control, to make that choice is an incredibly powerful act. This all just proves my point earlier of how many different paths we take to get to this experience of humiliation. The bottom line is, for whatever reason, it makes clits wet and it makes cocks hard and it makes genitals happy. That's just it. Human beings are complicated creatures!

Particularly as a dominant, when you turn the corner of understanding that what you're doing is giving your partner something they want, it becomes crueler to deny them than to actually do it to them. This is a concept that was pivotal for me in letting my **humiliatrix*** self out: the realization that denying someone what they've asked me to do to them (as long as it's within my own comfort zone) -- no matter how taboo and humiliating it may be -- is actually more cruel, whereas giving it to them is a gesture of affection and connection.

"Being with her when she feels like doing [erotic humiliation] is incredible. It's as much about seeing her be powerful as it is about losing control. When a woman can comfortably humiliate a man it shows confidence and strength. When she can do it in a way that achieves the balance they both need, then that shows control and intelligence. I also love it when she gets creative and the improvisation is surprising... All I can think about is 'what's coming next?' The anticipation builds with hit after hit."

- P

Not only are we not taught to love in this way, superficially it can look like we're doing the opposite of what a conventionally loving partner should do. Even among experienced kinksters, it's considered completely fine to whip somebody until they bleed, but it's scary to hurt anybody's feelings. Emotional pain is completely unacceptable, but I can beat you until your ass is raw. These are just such interesting judgment calls and are worth reconsideration.

I am here to tell you that the subtlest whip is wielded by the psyche. No judgement: find what works for you, negotiate consent, and go for it! I have done this professionally for a very long time. I have seen everything from people who had triggering experiences in their youth to people who simply don't know and don't care why this gets them off. That's all fine. The bottom line is if you're doing it with a consensual adult, fuck it.

Go forth and be kinky.

Survey Question: How do you feel about your attraction to erotic humiliation?

I find it somewhat problematic that a large part of my sexuality is associated with shame and humiliation since I don't actually think there's anything shameful or wrong about what I'm doing. On the other hand, I'm happy that I do have the fetish to play with, and I find it extremely fulfilling to.

- Ella Note

As a woman (and a feminist) I think it's great to have power over men and to enjoy it. More women should learn about power exchange and erotic humiliation.

- Lanie

i am what i am and i love it, just like a musician or artist might take pride in their work i take pride in being a dirty, dirty slut.

- Emma the Sissy Slut

I think [erotic humiliation] is one of the greatest kinks, in many ways. I *get off* on the things that make me different and the ways I fail (which everyone does, at some point). It's kind of a 'fuck you' to those who'd nonconsensually shame me--yes, I own this, and I'll laugh if you try and take me down with it. At the same time, it can make standing up for myself difficult. I don't always know where to draw lines, or how to tell people they're crossing a boundary even if we're both turned on.

- Ash

I'm in touch with my sexuality. I know the difference between conducting myself in public and in my sexy spaces. I am a mother and an atheist. I believe in leaving people better than I found them. I believe in responsible hedonism - as long as you take care of your duties and obligations, you can have as much fun as you want, as long as you're not hurting other people. I would never humiliate or mistreat my daughter or a random person, but I will

totally throw down with someone who wants to! I check in with them and offer aftercare. I know some people have religious guilt that can run deep. I think most people have traumatic experiences in childhood. They can tap into those and reclaim their power, relive the moments on their own terms. Sex is a creative process, and grownup playtime!

- Kendra

I don't know... I'm not embarrassed by being kinky. Or bisexual. Or a 'slut'. But something about liking being humiliated feels less 'acceptable' to me for some reason. I'm working on that, and it helps lots going to Blush [a local event] and talking to friends about how they enjoy humiliation play.

- Boundprincess

As a matter of fact, i think there's nothing wrong with it: i'm a successful person, have a great life, and my deep submission is a big part of it. i don't do it as a way of self-punishment. On the contrary, it's the best way to become a fuller, happier person.

- slaveboymx

I've learned not to explain myself to people. Either they'll get it or they won't. Therefore I have no reservations about what I'm into. I've spent too much of my life agonizing over why I am the way I am, and it's useless to do that. I am happiest when I fully accept myself, kinks and all.

- Leighann

I would've loved to answer "I'm 98% fine with it". It's so very natural for both of us, but still there's a little voice inside my head that sometimes wonders what's wrong with me? Let's face it: I enjoy hurting the one I love more than anyone or anything on this planet. When you put it out simple like that it doesn't make much sense! Of course our play is always done with mutual consent and I would never hurt or humiliate him in damaging or disrespectful ways - you know those that break your soul instead of being sexually gratifying. But

then I think it's good that there's that little bit of sense and doubt left in me, keeping me in check and making me go through and re-think my actions over him.

- Miss JW

It's hard being a trans woman and still loving to be called a faggot or a tranny or shemale (within the confines of consent) I feel like it makes me less of a trans person for some reason even though I would never put those thoughts on another trans woman who had the same kinks.

- Scarlet Begonias

I learned 20+ years ago not to accept shame. As a famous sailor once said "I amsky who I amsky!" Guilt and shame have no place in my life. Occasional regret, more aptly named hindsight, perhaps. But guilt? Whatever God or Higher Power is out there is NOT going to judge me for the things that turned me on in this life.

- TaRt

There was a time when I was ashamed that I enjoyed humiliating people because when I shared with my husband (who I do not do this kind of play with) he was weirded out. Since then he has opened up to be much more understanding and actually encourages me with my subs and sometimes even gives suggestions! He likes seeing me in my power and the enjoyment I get from it.

- Princess Annika

CHAPTER 4

How to Enjoy Happy, Healthy Humiliation

*"It is certainly hard to do well and feel authentic,
in control and well received. I'm still learning.
When I get it right, it feels like magic."*

- LOVING DOM

The phrase "happy, healthy humiliation" may seem a contradiction to many. But it most definitely isn't. Happy and healthy is *exactly* how we want all participants to be at the end of the play. There is a vast difference between someone who is being abusive and someone doing consensual, negotiated erotic kink play.

When someone is abusive, the intention is to tear the other person down, to shame them into feeling genuinely, deeply bad about themselves. The feelings that come to mind are: oppression, negative, hateful, malicious, and hurtful. Abuse comes from the abuser's need to feel bigger or stronger than they are. Putting others down or controlling them is the only way abusers feel better themselves. Abuse stems from insecurities and there are big red flags that you can look for:

- 1) First and foremost, if prior to a scene there has been no negotiation, no expression of desire, and no consent, then it is abuse.

- 2) If the whole experience feels violent and leaves you feeling negative about yourself.
- 3) If you negotiated this type of play within a consensual scene, but your boundaries aren't being respected.
- 4) If the other person is disrespectful, rude, hurtful, or outright vicious on a regular basis with no concern about how it makes you feel.
- 5) If the memories of the experience continue to make you feel sad or upset.

A person doesn't have to be physically hit to be abused. When one partner non-consensually verbally assaults the other, that IS abuse. Even if it happens only once, it is still an abusive experience. If it happens more than once then it is ongoing emotional cruelty and is NOT erotic humiliation.

Consent, Context, Intention, Trust & Communication are the 5 key differences.

Consent is the absolutely number one key component to making sure that what we're doing is healthy, happy humiliation. Consent is by far THE most important aspect of erotic domination. Some submissives (and dominants, too) worry that because a sub has asked or agreed to be humiliated, that somehow it isn't "true" humiliation. That's not only bullshit, but it's also dangerous. The consent and desire to engage is an absolutely necessary part of healthy humiliation.

However, for many, the aspect of "consensual non-consent" is important to the experience of humiliation and so you'll see the word "forced" fairly frequently in this book. However, there still needs to be a solid foundation of consent, negotiation, and communication for this to be erotic, and not abusive.

As the dominant, you're not dragging them through the mud, you're supposed to be waltzing together, even though you've agreed that you get to belittle them for being an inept dancer and humiliate them for stepping on your feet.

R.A.C.K.

For many years the phrase “Safe, Sane, and Consensual” (aka SSC*) was the most popular motto used to characterize careful kink, but recently people have started to use R.A.C.K.*

R.A.C.K. stands for Risk Aware Consensual Kink, which is a popular safety motto in the kink community. It is a reminder to stay aware of the risks, both physical and psychological, that come with any level of not just kink, but any sexual interaction. I prefer R.A.C.K. to SSC because the concept of sanity comes with a lot of baggage -- and implies a lot of judgment, plus it's an incredibly subjective term. One person's “sane” is another person's “dangerous.” Some risk will always be involved, so being aware of that risk within the framework of informed consent is more realistic.

Context -- Context makes a huge difference. Without the context of “kinkiness” we're just a bunch of people hitting each other with sticks. Once you have consent, you have to make sure that the environment is appropriate, and that the situation is one you both desire. For example, I know plenty of people who are very into kinky, erotic humiliation who do not like being dressed down by their boss in their office in front of people. The idea that just any humiliating experience is automatically going to provide you with jerk-off material is not true. If you're being dressed down by somebody or you're being humiliated in a way that is not erotic to you, the issue may be consent, but also the context could be wrong.

Intention -- Intention makes a big difference. If my intention is to leave you broken and then be done with you, then I'm an abusive asshole. No matter how this stuff looks superficially, we want people to come out on the other side being happy it happened. That's a big difference, right? When you feel shitty about something and you just feel shitty and somebody's intention was to just break you down and leave you there, that's not kinky, healthy behavior. We (the dominants) want to break you (the submissives) down and then build you up in some way, or at least pull you through.

It comes back to this idea that we talked about with the stereotypes. If your intention is just to be cruel to people, that's not kinky. That's problematic behavior. Intention is really important.

Trust -- From everything I've said thus far, it's clear that the submissive has to have absolute trust in the dominant. But this trust must go both ways. As the dominant, I'm not going to feel comfortable laying into you, even in the way that you've asked, if I don't feel that I can trust you'll communicate with me, if I don't feel I can trust that you've been honest about your level of experience.

As the dominant, I need to trust my submissive, because I'm going to do some (kinky) fucked up shit to them. If I can't feel good about what I'm doing, then there's a problem. Vice versa, of course, my submissives need to know that I'm not going to put them in an actual dangerous situation.

This idea of trusting -- safe words, communication, trusting that the submissive will communicate with you -- these things are an essential part of non-abusive behavior. If you don't have these things, then you should take a look at what's missing, and at what your motivations are for doing what you're doing.

Communication -- Having appropriate ways to communicate is the final aspect of having healthy kinky experiences. This one has a whole chapter coming up!

Vocabulary

The words we use are one of the most important ways that we communicate with one another, especially as adults. So many things come into play when using words: recent and historical context, local slang, community appropriation, and individual perception of the word. We can choose to recontextualize or appropriate language in order to create a personal lexicon. Once we have our own lexicon, it's then important to see how it can sync up with play partners, lovers, and even friends. We will discuss erotic, powerful, and taboo words and what they mean to us, and to the world around us.

"In all of the times we have played, she has only said it a couple of times but the first time she called me 'Sissy' I reacted strongly, suddenly feeling quite insecure. It didn't stop play and if anything it pushed me deeper, but it was a word I wasn't ready for (despite the barrage of humiliation I'd been receiving for an hour or so). I feel I am a strong male who submits, so this word made me wonder if she thought I was too feminine for her. She doesn't, we're fine, but it's amazing how much power a word or two can have."

- P

Relationships

Recognize that the relationship that you have with the person you're playing with profoundly affects how a humiliation scene transpires. As a professional dominatrix for many years, I found that couples who were very kinky in their personal lives and explored lots of kink in their relationships would, at times, have to send their partner to a pro to engage in humiliation because it can be hard to say, "I love you. You're the partner I commit to for the rest of my life. I am devoted to you. Now lick that trashcan you fucking maggot!"

Ideally, it's a balance. You have to know someone well enough or at the very least be good at getting them to reveal what makes them uncomfortable, self-conscious, and embarrassed. To be able to probe and then accurately read reactions and go deeper...and also to know when to slow down or back off so you don't cause lasting emotional harm.

I'm often asked for recommendations on how humiliation lovers can meet someone who shares their interests. I understand it can be hard, but luckily we live in an age of many options for connections. Websites, social media, and in-person events are all possibilities, it's just a matter of putting yourself out there. My strongest suggestion on meeting someone with your same interests is to actually *share* those interests. Maybe don't introduce yourself with it... "Hi, my name is Bob and I want you to stuff me into a trashcan," is not likely to get you a lot of dates. And trying it from the other side doesn't really work either... "Hello, I'm Goddess Susan and I love to

spit on people while I make them sit in pies.” But! Being honest about your desires and the type of player you’re looking for is much more likely to land you the kinkster of your dreams.

Pick-up play is when you meet someone (for example at a play party or munch*, or even online) and you just dive right into the actual kink without much discussion beforehand. I meet a lot of kinky people, and the number of requests for humiliation in pick-up play can be fairly high, especially if you’re a dominant willing to do any kind of humiliation work. It is not something that you should really just launch into without some preparation, because you never know where hot buttons, land mines, and triggers might lie.

I don’t do pick-up play with humiliation anymore because there are too many unknown hazards. This is deeply subtle psychological domination work and there’s too much responsibility involved for me to feel comfortable navigating through all of the potential land mines.

This is particularly true when dealing with people who don’t have a lot of experience, and quite frankly that’s most people. Most people aren’t comfortable with this kind of play. If, on the other hand, somebody comes to you and says, “I’ve been doing humiliation play for a decade. I’ve done all these specific things,” there’s maybe a little bit more wiggle room.

It is a bad idea to meet somebody new in a dungeon and suddenly rip into their childhood trauma. Even if you have a negotiation with someone new and you ask, “What do you find humiliating?” the complexity of their answer is not going to be as honest as when you have other layers of trust already built, because so much of this is really is about trust.

It’s fascinating to me that people will put their physical bodies in the hands of people that they’ve just met. I have a lot of caution about pick-up play in general. It’s one of the reasons that I stopped offering professional sessions. If you’re going to do psychological pick-up play, please take some time to talk about hot buttons (more about that later in the chapter) and stick with lighter and less intense play to get started.

Part of the process is getting to know the person that you play with. When I was building a relationship with a humiliation client, I'd really look out for real life examples of times that they might be a little bit embarrassed, so that I could begin to eroticize that experience for them.

There's a bit of a trade-off in both directions. If you're playing with somebody with whom you have a little bit more distance emotionally speaking, you're not going to have as much familiarity with their psychological triggers but you'll likely have an easier time dishing out the humiliation. However, if you're playing with somebody who's super familiar, you are going to have to try to distance yourself a little bit in order to have a satisfying and damage-free humiliation scene. Not only does getting to know the person you're playing with result in better play, but it's going to be much safer. There's a sweet spot between familiarity and useful distance; you should strive to find it.

Survey Question: Have you ever explored erotic humiliation in a personal relationship?

We are a married straight couple, whose sex life would probably be best described as D/s. Erotic humiliation is part of our basic core; it's a need my husband has and something that's very natural for me to respond to. We have regular play times that we call Sadistic Sundays and erotic humiliation is always a part of our scene / scenes. It's also present in the little (yet essential) details, such as him giving up his right to decide when to ejaculate. So we play with it and also build our relationship around it.

- Miss JW

Yes. I am in service to a sadistic Mommy and she likes to use humiliation in our personal play, service, and in public scenes. Things like: cleaning the floor with my mouth or my pussy and verbal degradation.

- BB

I frequently use it in my M/s relationships. I only use it when playing with others after a lot of time spent negotiating, and getting to know the other person as a person (what makes them tick).

- Master Richard

Yes, I have explored it with my wife. She has come to the conclusion that she has too much respect for me. She couldn't fully commit in the way I needed her to, so now we have an agreement and I see an outside Dom to help fulfill my urges and cravings.

- Amber Shock

Absolutely. This is simultaneously better and more difficult for me. I like the feeling of being completely known and unable to escape scrutiny or hide; my deepest secrets all turned against me. I've also found that relationships with common threads of erotic humiliation left me feeling consistently lesser-than, a burden, or terribly undesirable 100% of the time.

- Ash

Once my wife and I entered into a D/s relationship (and even prior) there was a level of light, playful teasing about my shortcomings, both in public and private which I found quite arousing. While 'playing' within our house, my wife uses humiliation as a tool to correct behavior, to remind of the dynamic of our relationship and because she loves "to see me squirm."

- V

Humiliation is a core kink of both mine and my submissives' BDSM style and preferences. I am actively trying to develop it more and more. I find it to be one of the most challenging aspects of play to get right. Done properly it makes a scene sing, but often it can feel flat or false or wrong. It's very hard to strike the right tones and evoke the right imagery. Luckily our relationship is quite strong and I have a patient loving sub. Which brings me to another thing, I think humiliation play works best between two people who really care about each other. Trust is central, and respect really goes a long way too to making things work well and not go awry.

- Loving Dom

My current partner loves "trolling" me, and has discovered it has positive effects. My partner loves genderplay and degradation, so I've been able to switch, and choke my "dirty fucking whore" while having sex! It's fantastic!

- RL

Key Concept: Don't engage in humiliation play that is based on any current sensitive issues. Anything that you are actually upset or angry about will create a different tone in your voice and body, and it becomes something that should be discussed seriously rather than invoked in play. It's best to stick to things that don't have emotional attachment or have already been worked through.

With all of that in mind, here are some steps to get you started.

Setting Goals Together

Understanding what level you're each looking to play at is essential to making sure that you're both on the same page. Being on the same level sets scenes* for success, because if you're looking for a little embarrassment play and your partner launches into full degradation, neither one of you will be pleased. Or vice versa. If you're looking for degradation and they're like, "You slut!" then no one is satisfied. Such a denial -- and not the fun kind.

The denial of the desired type of play can be really fun if it's done *conscientiously*, with both players understanding that that will be the game. But if it's not done on purpose, but simply because the dominant isn't paying attention, it just ends up being frustrating.

Talk about what you are looking to get out of the experience and understand that it's easier and healthier for you to ramp up from a basic kind of experimental play into scenes of higher intensity.

Ramping Up

Ramping up* is another really important part of humiliation. What is ramping up? Picture a ramp. It doesn't increase in sudden increments, like stairs. Instead, it moves smoothly upward, little by little. This lets you gauge your progress as you go, and decide whether things are moving the way you had hoped. It gives you time to check in before you've gone too far.

Ramping Up -- A phrase I've coined to describe the way to play with intensity, not making sudden jumps, but steadily increasing so that it's easy to stop at discovered limits.

Physical play features obvious signposts. For psychological play, there are no visual markers. If I'm wailing on you with a cane, there's going to be welts that show up. I'm going to be able to see at least how your physical body is responding to my efforts. But if I'm unknowingly calling you the same name that your childhood bullies used to and causing you to freak out, there is no indication of your psychological response, unless you share it with me voluntarily or involuntarily. This isn't meant to scare you, but it's meant to make you understand that humiliation play is both subtle work and heavy-duty.

If you want to approach it in a healthy way, you're better off ramping up rather than diving in the deep end. The idea is not to jump in blindly and then have to find your way back to land if something goes wrong.

Like most things, success begets success, and so when people have experiences that feel good, then they want to have more of those experiences. If you wade into the shallow end, trying out some name-calling and minor embarrassment, you can get feedback as to whether what you're doing is working and if it is good enough to proceed and gain intensity. If you jump in the deep end of degradation, stripping someone of their name or humanity right off the diving board, without having much understanding or experience at shallower depths, then it's much harder to get back to where you both had your heads above water. Ramping up builds anticipation, and gives you a safe set of steps before someone becomes lost in the maggot-toilet-sucking deep end.

With psychological play it's not always as easy to see the scars, but that doesn't mean they don't exist. Proceed with caution and care, use your safe words, and communicate!

Circus Kink

Circus Kink* is a term I've coined for the expectations people have for the elaborate trappings, costumes, staging, and time that they think must be a part of a successful kinky encounter.

Regardless of whether or not you are new to the BDSM world or are a long-time kinkster, it's easy to get caught up in the idea of circus kink. We want to have the time, privacy, and equipment to put together a full three-ring circus show, or it just doesn't seem worth it. If we're not going to do a three-hour bondage scene, where you're strapped to the ceiling fan with me turning it on and off, then what is the point? (That's something I've wanted to do forever! Someday, when I am filthy rich, I'm going to have a man-size ceiling fan built. Yes, I will take photos and video and invite people over to enjoy the show.) But that kind of scene isn't always going to be possible. People have jobs and partners and kids and lives. Sometimes we can't go to the circus, but we can have a little sidewalk carnival or a weekend puppet show. We can work it out.

Find a timeframe that's not only attractive to you but works within your lifestyle realistically. Letting go of the circus act requirement can help you to incorporate your kink more regularly into your life, rather than feeling frustrated because you're waiting for some momentous, crazy time to be able to do everything you've fantasized about. Through experience, we learn to take what time we have and say, "Okay, you know what? We've got an hour. Let's start from there."

Another aspect of healthy exploration of humiliation (and BDSM in general) is not rushing into trying every single activity that looks arousing. It can be overwhelming to think of all of the possibilities, and intimidating to go through negotiation or activity lists to try and figure out what you're interested in. I call this the **Kink Buffet***

Kink Buffet -- A phrase I've coined to describe the urge to try ALLTHE THINGS when first discovering kink.

Rather than “stuffing yourself silly” and rushing into trying too many activities at once (and possibly having a negative time because of it) try kink in “bite size” portions to discover what you enjoy and what you dislike. If you just try one thing at a time (for example; a session of protocol training or a piss focused session) then you’ll each get a clearer idea of how it feels. Once you have a singular experience with it, then you can begin to layer actions together (for example; combining sissification with piss play.)

Discussing Limitations

Limitations are not a bad thing. Quite the opposite. They’re boundaries that allow you the freedom to move within the known parameters of a scene. Knowing what the limitations are actually gives you more freedom because you can do what you’re doing with as much confidence as possible.

Soft Limit – An activity or word that causes discomfort but might be negotiated

Hard Limit – An activity or word that is completely “off the table” and must not be done/said.

Discussing limitations ahead of time is really important with the understanding that unexpected issues might come up in the process of playing, particularly if you’re both new to exploring this kind of interaction.

The idea that you can simply trust someone else to know what their limits are is a pernicious myth of the BDSM world that we desperately need to break. Our community breeds untruths and believes its own bullshit. I’ve had frustrating experiences delivering pain that was requested with people that say, “Oh my god! Please beat me and leave me in the basement!” And when I try to do just that, their response is, “Ow, that hurts! What are you doing?”

People similarly overestimate their desires to be humiliated and degraded, which is why starting small and ramping up is so vital to developing a healthy scene.

Then, there's just plain-old human inconsistency. People can have a different response on Tuesday than they do on Friday to the exact same activity. It just depends on what has happened to them that day or that week, where they are emotionally, and where their hormones levels are currently. That's true across the gender spectrum, not just for those who identify as women.

Hormones are the chemical encoders of desire and control the strongest urges of the body, like hunger, tiredness, fear, and sex. All of the body's complex and interconnected systems affect how you experience kinky play of any kind. You have to be okay with the fact that boundaries are by nature flexible and fallible in order to be a safe kinky person.

As a dominant, you must understand that although you may be the center of the universe whose word is law, your submissive is human and may not respond the way you expect, or even in the way that they normally do. You must also realize that your partner may not realize their own limits, and may make requests that you know or suspect are beyond what they are prepared to endure.

Sometimes you as the dominant will know your sub's limits before they do. Sometimes you'll detect this using your empathy, sometimes it's obvious in the submissives body language.

I had one personal submissive who was completely service-oriented and humiliation-oriented, but he also knew that I like to dish out consensual pain. So he tried. He said, "Please restrain me and beat me," and I indulged him on the request for restraint, even though I'm not super into bondage. I prefer the ongoing consent inherent of the submissive "staying still" for the action. But I tried it anyway, bound him into place, and introduced some very light impact play. He groaned and made frustrated, not sexy noises. I could feel his anger building. He attempted this kind of activity even though it was majorly triggering for him and did not engage his desire.

When I told him I was going to stop, he cried out, disgusted with himself, "No! You are the princess; I am the slave. I will do it." I had to

assert my dominance and steer him away from his own poorly perceived limits. “No, I am the princess, you are the slave; you will NOT do this.”

Can dominants have limits? Yes! Can dominants have a desire to dominate or not? Or are dominants just always dominant? Do we just always want to be in control of everything all the time? The truth is that very few people actually live up to that. No matter what role you take on, allow yourself the possibility of saying, “You know what? I just don’t feel good doing that right now, and we need to wait.”

That’s R.A.C.K.

Ways to help your submissive get through a tough experience

If a scene crashes and burns, that doesn’t have to be the end of all your fun, forever. There is always something to be learned from “failure,” and there are even ways to make it part of the domination. One of the things that you can do to incorporate it into the scene is to declare the submissive an utter failure and give them another assignment. Or if you give a sub an assignment and they’re just not doing it, you can decide to talk about it at a later date and shift gears.

You can use the fact that they couldn’t follow through to create a sense of humiliation. Give them another task that you feel more certain about, or is more familiar, and then try to figure out later what went wrong. A tip to get around reluctance to discuss limits and failures that I’ve come to rely on is written confession. You can assign your sub a journal or a confession book of emails where they explain their transgressions and why they did not perform to your orders. Once they let go of grammar and spelling concerns, many people are generally better in this format than they are face to face. This is a great way to find out what people are afraid to talk about.

You can also offer another option as an alternate to the activity that they’re struggling with, but one that’s worse. This is not a very nurturing approach

but it is a technique you can use to get somebody through, if you know them well.

Which leads me to the toilet-licking story.

I had a guy who offered to buy me a brand-new toilet and simply set it in the living room to have him lick it. What fun is that? Loser! The whole point is that you don't know if the toilet has been cleaned or not before I make you lick it. I'm super squeamish, so I always had it cleaned. (I don't want to watch you lick a toilet, that's disgusting. If I dry heave that's not supportive of my dominant power.) I would have a different submissive come in and clean the toilet first, and then wipe it down with water so it didn't smell like cleaning agent. Then I would threaten to make the other, first submissive lick the toilet. If he couldn't bring himself to lick the toilet, I would supply worse-sounding alternatives in order to raise the stakes. "If you can't lick the toilet, I'm going to make you go outside and get a spoonful of dirt and you're going to have to swallow a spoonful of dirt."

When I'm feeling a bit gentler, I use another technique where I lend them my strength as the dominant. Remember, they want to submit to your desires, but they have all of their own struggles, whether they like it or not.

When this happens, I get to share my confidence in them and say, "I know you can do this. I know you can. You're going to take a deep breath and you're going to do it. You're going to lick that toilet! You're going to lick it! You're going to love it!" I high five my submissives. I cheer them on. "Yay, bitch! You licked the toilet! Score one for you!"

I've found that eye contact is one of the most effective motivators. What I would often do is make someone look me into my eyes – locked in eye contact. I look at them and emphatically say, "I know you can do this. I know you can. Are you going to doubt me? Do you doubt me and my assessment of your abilities? No!"

There's also the simple device of rewards. People love bribes. We're all four-year olds who want a cookie. Everyone! It's important, of course, that you use a reward that means something. That wouldn't have been very motivating if I was offering something that wasn't special, for example something that they already got to do at the end of every session to say goodbye to me such as kiss my feet. It's to really make that reward part of the experience and make it something that is worth suffering through something truly horrible in order to get it. I've found that those two things -- lending my strength in a nurturing way and bribing people -- are excellent options.

Potential Triggers

When engaging in humiliation play, there are no physical identifiers to look out for to know if something is going in a negative direction. If you're spanking somebody or tying somebody up, there are physical elements that you can look for -- the reddening of skin, the blue flesh coloration if they're losing oxygen -- but when we're doing psychological play, it's different. You can be fine, safe, having a great time, and then all of a sudden: Bam! HOLY FUCK, what just happened?

Some triggers might be:

Yelling or raised voices

Body image issues

Physical pain

Certain words (see vocabulary list)

Certain actions (see negotiation list)

Taking someone to a very low place in a loving way can be a cathartic exercise for both participants. Engaging in behaviors that are considered rude or mean, while accepting that afterwards you both will return to your regularly scheduled programs, can help both individuals go further in BDSM and the self-knowledge it brings.

The thing that makes humiliation play healthy and happy is this underlying sense of affection and the fact that at some point, even though you may take somebody really low, they can trust that you're not going to leave them there.

It's not about making someone lesser, shitting on them, and walking away. Instead, it's an ongoing process of BDSM play.

Superficially, a lot of the stuff that kinky people do looks pretty twisted. If I'm whipping someone with a single-tail whip, even with remarkable skill that would make kinksters say, "Ooh and ahh," I'm still whipping someone. That's a thing that you're not really supposed to do to people in this day and age. But it's okay, because there's this assumption that they're going to be cared for afterward. Humiliation play is no different than any of that.

You may take somebody to the depths of what their psyche will withstand, but you both have to plan to come out of that as whole people afterward.

What to do if something goes wrong

When it comes to this kind of play, it's not "if" something will go wrong, it's more likely "when." So coming up with a **Trigger Plan*** before you start playing is incredibly important.

If something goes wrong, what do we do next? Do I push you through it? Some people need to be pushed through. Some people want to be pushed through. If that's the case they need to clearly say, "If I start crying, please push me through."

When you negotiate a humiliation scene you must ask: "If we hit an emotional trigger for you, what do you think you would need? Do you need me to dismiss you and give you space to work it out? Do you need me to hug you? Even if that may or may not be part of our dynamic?"

They may need to be pushed through gently, but firmly. They may need you to de-escalate. You may need to negotiate what kind of physical or emotional state you are willing to create in order to make them feel safe. You must also consider your own feelings and limits; have you ever acted this way before? Can you conceive of yourself as the giver of this kind of pain, while staring it in the face?

Knowing what the best possible next step is for both of you after hitting a negative trigger is time well-invested. I'm a fan of practical kink because it tends to be more successful kink, which means you'll do it more often and it'll be more fun!

Nobody is perfect, even with preparation. With my submissives, I never break the D/s dynamic, but do you think that I have ever apologized if I screwed up? Absolutely! That doesn't take away any "domliness." When I have screwed up and maybe gone a little bit farther than intended (I've never broken any hard limits) or maybe said something intense – I stop and say, "You know what? I'm really sorry. That was not my intention. Where can we take the scene to make sure that we keep this in proper headspace?"

Even as a dominant, don't be afraid to say, "I didn't anticipate that, I'm sorry."

Know that blame is not helpful in either direction. Submissives who blame you and assume that because you're the dominant you will NEVER do anything wrong – maybe have a conversation about that. Or two. Dominants who genuinely subscribe to the "it's always the submissives fault" should also reexamine that belief, which sets submissives up for failure.

Understand that no matter how long you have known somebody, you can still hit land mines. Remember what I said about every day being different? Don't forget; think about how much you yourself change from day to day. Keeping that in mind and talking about how to handle those types of things is a high priority.

Key Concept: Don't wait until AFTER a scene to go unexpectedly awry before you talk about what your needs in such a situation might be. Have a Trigger Plan ready.

Everybody screws up because we're human, and humans make mistakes. As long as you are doing the best you can to be ethical, to do things in a consensual manner, to make sure that there is a strong foundation of, at the very least affection, if not love for the person you're playing with, then you are playing in a risk-aware way. Understand that triggers will get pulled, and that you (the dominant) might feel bad occasionally, and they (the submissive) might feel bad occasionally; the important part is how you deal with it and how you move forward through it.

Starting the scene after a trigger has been tripped

How do you get back into the scene? Can you say, "Okay, we're going to restart now," and have that be the end of it? Or do you work back into it slowly, trying to make it seamless?

Once a trigger has been hit, I tend to be very straightforward. I use what I call stage whispers*, like actors saying something that is not part of the play, but must be said for practical purposes. Sometimes, in order to not "break the scene," I might stop and change my tone of voice in order to narrate what I'm doing. That way they don't have to grasp for what's going on and what's happening next when they're already in the midst of trying to figure out how they're feeling.

As I set up the scene, I might say, "There will be times when I'm going to lean down and whisper in your ear. You're going to listen to me, and then you're going to respond."

Then, during playtime I might lean down and say, "Do you need to stop?"

"No, Princess."

“Okay, good.” Then I’ll lean back up and say, “I’m going to continue the play now. You’re going to do such and such if you need me to take another break.” I just give them straight, easy-to-follow instructions.

Aftercare

Aftercare* is an important part of any kind of kink scene, most especially if you’re playing with someone who you care about or would like to play with again! Taking the time to “come down” together and either talk about the scene or just cuddling and being close to reaffirm your connection is a great way to process what has just happened between you.

Aftercare -- Any sort of “closure” done after a scene. For example, having snuggle time or discussing how the scene went.

Contrary to popular belief though, not everyone needs traditional aftercare. If you’re someone, either dominant or submissive, who doesn’t feel the need for snuggle time or conversation, this doesn’t make you “wrong.” It’s necessary to discuss this with your partner so that you both know what your needs might be (or might not be) for aftercare.

Whether it happens during aftercare or as a later debriefing, there should be some communication about what worked and what didn’t work in the scene. I find that a good way to do this within a power dynamic is have the submissive write a thank you note to describe how the scene was for them. Or you can just sit and talk (or even Instant Message) about what it was like for each of you.

This is also the place where a journal (paper or digital) can come in handy, to make notes about things you did that you’d like to build upon, things you threatened to do and would like to pursue, or stuff that you really didn’t like or didn’t work for you or your submissive. If you use an actual paper journal custody of the physical object can be both a responsibility and a joy. Get creative with it! Does the sub have to conceal it or carry it ostentatiously? Are they in trouble if they stain it with coffee? Do they have to send you pictures of where they keep it near their bed?

Submissives aren't the only ones that need aftercare. Though it may not be obvious, dominants can need aftercare, too. Knowing that they aren't a bad person for wanting to do such horrible things to someone is key to making sure that the dominant is confident to keep doing the naughty things that you both desire.

There is a persistent and yet absolutely false opinion that holds you less domly if you need to somehow be reassured that what you're doing is appreciated. Again, human first, dominant second. I don't mean appreciation just in groveling, although that can be fun and I encourage it in my submissives! I mean submissives letting dominants know that they appreciate the taboos that we struggle with to do what we do. To think that dominants don't struggle at all with what we do would be an incorrect assumption.

Whichever side of the dynamic you are on, let your partner know what they can do for aftercare, in whatever way is appropriate. Maybe you'd like them to bring you a cup of water or a cup of coffee. Perhaps you'd like to be thanked, or have your feet kissed. It doesn't matter what the action is, but give yourself space to figure it out, because that's also part of responsible domination. How in the world can you take care of (or do gnarly, awesome things to) somebody else, if you are not taking care of yourself? It's the circle of responsibility. Like the in-flight safety card says: put on your own mask before helping others.

I've found that a particular need for aftercare in humiliation play especially centers around the "drop" that happens anywhere from hours to days later. These activities can be confusing, even for experienced kinksters. Questions such as, "Why do I want to do this?" or "How could I let someone do those things to me?" are common and should be addressed. These feelings of "sub drop" and "top drop" are very real and may affect your ability to continue playing if they aren't respectfully considered. Most people have spent their lives learning that this sort of interaction is wrong so it can be tough to unlearn that.

If and when this kind of drop happens, there are a few ways to deal with it. Having each person communicate their affection, acceptance, and

appreciation is a good start. Knowing that you can talk to each other (or to a designated surrogate) is important to the processing of your experiences. Reassurance from all players that the action was desired and enjoyed can be a good way to counteract the socialization that we shouldn't be doing "this sort of thing."

The dominant is responsible for creating a totally safe space, even while perhaps making the submissive *feel* incredibly unsafe. That's the magic of a mind fuck!

BDSM can be therapeutic, but it's not therapy. It's important that if you're revisiting traumatic situations, that you don't just take that on yourself. That's something to talk to experts about and read about and make sure you're researching. Kinky play can be a way to work through trauma, and on both sides, but only with the guidance of a kink-friendly therapist.

When you increase intensity it must be done carefully and with knowledge and respect of limits. It's great to use it as a cathartic release, but make sure that you're not just running rampant into behavior that may create new trauma.

Humiliation can be a great tool, but make sure that you're using it intelligently. It is not enough to wave the wand and say the magic words. You cannot subject someone to one kinky interaction and expect it to heal old trauma. I wish it worked that way because I would be a millionaire. "I spit in your face! You're cured!"

I'm damn good, but I'm not that good. Neither are you.

Survey Question: Have you ever experienced a trigger or “hot button” during humiliation play? If yes, what happened? How did you and your play partner handle it?

Yes, but that's been more problematic when something was unintentionally humiliating. The best handled example was during cigar play. I don't find most parts of cigar play humiliating in a negative way (it's more of a pleasurable service to me) but was asked to kneel and hold my mouth open with my tongue out and cupped to be ashed on. The ashing was fine, but I felt like I looked ridiculous and unattractive sitting there like that and struggled with maintaining the forced eye contact while in that position. My partner explained why they enjoyed that from me and allowed me to close my eyes for the time being since that made it easier for me to accomplish, but he also told me it was a thing we were going to work on and that he expected to improve. It worked so well because it demonstrated care and understanding to me but also dominance and confidence in my ability to improve.

- Ella Notte

I was once called a bitch during a scene. My brain went haywire because that's something my mother would call me when she drank. Nobody had ever used it with me, so I'd never thought to consider it a limit or trigger word until then. I pushed through the rest of the scene because at the time I didn't understand why it affected me so much. Once I'd had time to process and reflect I communicated it to the top and I now make it a point to tell whoever I'm playing with that it's a trigger word for me.

- K

I don't recall the exact circumstances, but typically with my partner(s) when a trigger happens they have to stop the scene and hold me close and remind me I'll be okay. Depending upon if I'm Topping or bottoming, it may also mean being petted and feeling like they do care and that I'm not a throw away toy.

- Asia Star

I usually stop the scene & explain what made me uncomfortable & why. Sometimes I can restart again, sometimes not.

- RL

For some reason, [once] when I ruined his orgasm, it really bothered me. It wasn't on purpose, as my intent was to allow a regular orgasm. I guess I could have "went with it" and played it off as part of the humiliation play, but I just couldn't. We dealt with it by laughing and snuggling. And I allowed him to masturbate later in the day, with positive results.

- The Amazon

Yes I was bottoming once, which is a rare occasion and my top wanted me to eat my own cum. I had been beaten, cut, fingered, fucked, but I had to draw the line there. I called red and ended the scene. We still laugh about it now because she thought everything else was much worse, but I just couldn't lower myself to do that.

- I

Yes, my Dom pissed on me suddenly, w/o discussing it with me. I wasn't mad, I was embarrassed. But then it felt good, I was the center of his attention. Every time I expose myself, naked, in different positions, using my body in extreme sexual acts, I feel exposed, humiliated, self-conscious but I enjoy pushing through those challenging feelings so I can have a good time with my lover.

- Angelia

With an educated partner that understands that they may break [me] down, but must rebuild [me] even stronger than when they found [me]. I adore when Hubs calls me His dirty slut or whore and uses me. But afterwards he will take me in His arms and whisper loving endearments and tell me how proud He was of me.

- TaRt

During race play, when a racial slur [was used]...though it was asked for, it was triggering to a submissive. He called his safe word, we talked

it through and discussed why that had triggered him, and tried to get to the root of why he had these desires and what they meant to him. And just knowing that sometimes having a fantasy is fine, but you may not [actually] want to live that out in real life.

- Bella Vendetta

Yes. I dealt with it by doing whatever was negotiated for that person prior to play beginning. Main thing is, I switch off humiliation words, tone, stance, activity and move to that of a carer. Still dominant and so in control, but lovely and human and caring.

- Mistress Lux

The first time he came on my face it brought up a lot of baggage I didn't know I had. He went into Daddy mode and cleaned me up and held me while I cried, and we picked apart where the "processing error" was that triggered my extreme reaction. (We routinely do that kind of developmental post-mortem on our play.) We decided that he would "threaten" me with it during future play, and when I felt ready to try again I would give him a predetermined cue. It went much better the next time.

- Corrine

Yes, too many to mention but the big hot buttons [for] women seem to be body and intellectual issues. I've handled them by talking it out and reminding them that they are human. I usually change up the language of what I say. Instead of "you're a stupid cunt", I'll change it to "gonna use you like a stupid cunt" and it works.

- Thanos

I experienced a trigger with a previous partner. I was ordered to exercise in front of him while he judged and heckled me. Having body issues, I became overwhelmed with shame and I collapsed on the floor into tears and "red-ed out." We discussed what happened, but in the end I asked that we not play in that way in the future. We were not long term play partners and I had not developed the trust in him that I needed to engage in such an emotionally heavy humiliation scene.

- Ashley Rose

Yes. One partner of mine suddenly reacted way more [intensely] than any of us had expected when being forced to admit to her specific sexual desires. We had to take it somewhat slower and gentle than first planned. But it ended up being a wonderful and very intense experience for her.

- Morten

Not in a negative way no. We discuss limits and feelings a lot. As the dominating partner I'm always more comfortable to stop too soon that to push even the slightest bit too far.

- Miss JW

Yes. I often cry from face slapping, and more often than not don't enjoy crying in public spaces. I was gagged and getting slapped and my partner could tell based on my body language and eyes that I didn't enjoy where it was going. I used my non-verbal safe word and he stopped and checked in. We took a minute break, he checked in and we continued with another play style.

- BB

Yes, I'm a minefield. I've handled it any way from being told to suck it up (in well-established M/s relationships) to stopping the scene to talk, to simply moving on to something else. All of them have worked and all of them have also blown up.

- Scarlet Begonias

He said something that triggered an extremely negative response -- which for me is usually freezing up. I simply asked him not to say that again and why it didn't work for me, and he apologized and cuddled me and has never said it again.

- Victoria Harrington

Early on in our relationship (8 years), my partner slapped me in the face and I got PISSED. I thought about breaking up with him! But we talked about it and decided it was a hard limit and we never did it again. So we resolved it with communication.

- Kendra

There isn't much I haven't tried or done. Race play, age play, forced pet play are all things I have had a fair amount of experience with. In fact, most interestingly involved race play with a partner I had for a while and some of the more horrible things I said to her in the context of a scene or conversation about a scene. The worst words I have ever uttered to another human being came up during one of those scenes and frankly, I was horrified that they came out. Shortly thereafter I was informed that it was so brutal, so callous that she felt the need to masturbate immediately and came very, very hard. The fact is, any sort of play can be healthy, cathartic, and good. It really depends on the intention of the players, the degree to which consent is negotiated ahead of time and the care that is taken afterwards.

- Mr Ogre

Survey Question: Do you feel there are any benefits to having a humiliation fetish?

I can go to really dark places in my mind in a safe way.

- Belle

Besides the orgasms? I think playing with your insecurities can be really empowering. Hearing the negative self-talk that sometimes plays in your head actually verbalized by someone else makes you confront it. It often seems like we're more likely to resist negative comments when they're said by someone else or to realize how ridiculous they sound when they're not in our own voice.

- Ella Notte

It allows deeper connections with my top, develops trust and allows me to explore intense emotions.

- BB

I suppose it helps in keeping a certain sense of humility both in human relationships and in remembering that in the context of nature, we're all just specks.

- A

It helps me get out of my head and into my body. It helps me process emotions and thoughts from a physical place when I have been unsuccessful in processing them from an intellectual place.

- Colleen

Yes, it strengthens the ego, and it also puts one in touch with how easy one can hurt another through words.

- Master Richard

You can experience humiliation in a safe environment, and it can be hot, which is vastly different than humiliation experiences in, say, middle school.

- E

Anything I do that involves humiliation play really must at its core be something that binds us or helps the two of us bond. I would never want to do anything that does any actual psychological harm, or even makes him doubt my love.

- The Amazon

I don't have a fetish for it (unlike my husband), but it has certainly made my life better and more enjoyable.

- Miss JW

Yes, tons, most of all is humility. Knowing you have the power and support to do anything, then just giving it all up and dealing with what is given. There is something to learning your flaws and working practically to better yourself. Why not have some fun at the same time.

- Amber Shock

YES, it's healthy and therapeutic. It's cathartic. It's facing past trauma in a safe setting. It builds trust and bonding. It creates good conversation and learning. Sexy time is adult play time!

- Kendra

Really getting my partner off. Getting past some self-imposed soft limits. The intimacy and nurturing after a scene (after care

is important to me). Allowing me to expand what I can do and handle. The sheer playfulness it can be sometimes. Relieving me of some guilt for performing/doing some things that I really want to do but are held back by my own inhibitions. Helping a partner overcome her own inhibitions that she wants to.

- Matt G

Yes, I think if someone is into receiving humiliation it's a great avenue for a partner who is interested in delivering it getting to say or do things they may want to do to strangers, co-workers, etc. but who are too nice or smart (job consequences, etc.) to actually do it. And for subs it can be a way to experience something in a realistic way without it necessarily being real, without them being really despised or ostracized for liking or doing whatever afterward. Part of what I sometimes like about humiliation is the audacity of it, of feeling "wow, she actually really just said that to my face (or did x to me)" and just admiring the (pardon the phrase) ballsiness and lack of regret of something you'd hold back on. There can also be a [feeling of] "wow, I really just did that" on the part of the sub side as well, whether it's licking a dusty foot, sniffing an armpit on command, or lying with your mouth open while someone spits or leaks cum onto or into you. I'm not one for rollercoasters or bungee jumping but humiliation play can be its own sort of thrill ride.

- MultiPerv

It can be a way to process anxieties about yourself in a safe way, or to acknowledge the parts of yourself that you aren't completely comfortable with.

- Corrine

Self-awareness, acceptance, and openness to name a few. That ability to fully submit under another person's will is oftentimes recipe for revelation and epiphanies about our "place" or "role" in this Universe.

- TaRt

I'm horny all the time waiting for my Sir to do these 'terrible' things to me? :) It's amazing to get so incredibly turned on by a thought. That feels like a big benefit!

- Boundprincess

CHAPTER 5

Negotiation & Communication

"I've also found that my communication skills have grown tenfold. It's easy to ask your boss for a raise if you've already asked your Prince Charming to write "Cum Dumpster" on your ass."

- EQ

Learning how to talk about your fantasies can be harder even than acting on them. Expressing your deep or taboo desires to a partner -- or even just to yourself -- can leave you scared, confused, and feeling extremely vulnerable. But the rewards for doing so can be liberating and life-altering in the best possible way. Sexuality is a part of being human, and there is no honest depiction of what is "normal."

Even among people who are used to engaging in other kinky activities, humiliation can be a taboo and difficult subject. It might be easier for you to ask to be tied up or spanked than it is for you to ask to be treated like a piece of trash. That's because even though physical kink is risqué, it has been normalized to a point where people understand that it happens, and people generally understand the mechanics of the activities.

However, psychological play, and most any kind of embarrassment or humiliation (let alone degradation) can seem incredibly foreign. Additionally, because those of us that are into it don't always have the language to describe *why* we're into it, negotiation can be a very big communication mountain to

climb. But it is possible! Just like any other kinky topic, it's all about finding the right words and negotiating your needs.

This is the simple, surmountable truth: if you ask for what you want, details and all, you're much more likely to actually GET what you want. There are many ways to ask for what you want: beg, seduce, suggest, confess, exchange fantasies, write wish-lists, use Post-it notes if you have to! But if we're aiming at happy, healthy kinksters, making a start in this kind of communication is key. Negotiation is the time to discuss both desires and fears. The more you know about your partner (on both sides of the power dynamic) the better your scenes will be.

There are many topics that can be discussed during a negotiation, but I've found that the 10 questions below cover the most vital information. These questions cover the *how* (protocols for negotiation), the *what* (activities to explore and avoid), and most importantly the *why* (what your goal feeling is for the end of the scene). It may seem extensive, but having a clear understanding of who you're playing with will give you both a higher chance for successful scenes together.

10 Basic Negotiation Questions

1. How are we negotiating?
In-person/Online
Oral/Written
Casual/High Protocol
2. What is the goal “feeling” for each of us?
3. What are our soft and hard limits?
4. Is sexual contact acceptable? If yes, what kind?
5. What are the activities we’d like to explore?
(See Activity List at the end of the book)
6. Are there any health issues to be aware of?
Physical Health & Mobility Issues
Mental Health
Is it ok to give or get marks?
7. What are our safe words? (verbal & nonverbal)
8. Do you have any known triggers? (activities, feelings, words)
9. What is our Trigger Plan?
10. What are the Aftercare needs for each person?

Bonus questions!

- What’s the last thing you thought about while masturbating?
- What is your most humiliating fantasy?
- What are three things you would like to explore that you’ve never tried before?

When you’re negotiating specifically for humiliation play, here are some other questions that can be helpful to discuss:

Humiliation Negotiation Questions

- Did you have an experience that sparked your interest in and desire for humiliation play?

- What activities do you find humiliating, and can you share *why* you find them humiliating?
- Do you have any fears or anxieties about playing with erotic humiliation?

Negotiation can be done in multiple ways. Both of you can fill out a form that lists your experience and interest in a variety of activities/scenarios, or you can sit and discuss things in a private place in a non-kinky capacity. I think it's best to do both if you can. By starting with a concrete list, you'll know which activities are the highest priority and which ones need to wait until you've been playing for a little while. Having it all written down also helps when nervousness kicks in and words fail us. Then, by having a discussion in a non-kinky, non-sexual situation you're able to be clearer about your fantasies and limits (without the endorphin-induced fog of arousal or erotic shame in the way).

This can also be part of the foreplay, using negotiation as an opportunity to reveal what really gets you going before any power dynamic is in place or a single toy is touched.

I am also a firm believer in negotiating within a power dynamic. One of the many “twue-isms” I’ve heard is that negotiations should ALWAYS be egalitarian, but I don’t think that’s true anymore than any other “twue-ism” -- it depends what works for you. The main concern seems to be that if a submissive negotiates from that side of a power dynamic they will not be respected, but this is of course nonsense. As long as both partners are being heard, then it is just as legitimate as any other form of communication.

Twue-ism -- A statement made that is intended to assert a “one true way” or in the mocking slang of the kink community, “one twue way.” The pronunciation of “twue” is intended to mock those that believe there is a single path to “real” kink expression.

I always say that the more information I have, the better I’m going to be able to get into your mind to fuck with it. And isn’t that what we both want? Yes!

So, hey, bottoms: don't think about it as topping from the bottom* to tell your top what works for you rather than expecting them to read your mind. In fact, it's incredibly important for the submissive to be involved in figuring out "how" to play. Erotic humiliation is such a personal thing, if the submissive doesn't contribute ideas, the dominant will be shooting in the dark trying to figure out what works, and that will be frustrating for everyone.

An assignment such as having the submissive write a dozen things that they find humiliating is a great start. It doesn't have to be thought of as a "shopping list" (although it certainly can be!); it can be used as a starting point for the dominant to understand exactly what this submissive is attracted to and will be the most effective way to initiate satisfying play. The idea that if a submissive "asks for it" then it's not really humiliating is **completely false**. Frequently the act of asking is humiliating itself, and making a sub list other ways they'd like to play can be part of the scene!

Contracts can also be used to ensure that everyone understands the relationship, and is dedicated to the respect of the other person. The contract can include the safe words that will be used, the activities that are on or off the table, the length of the play, a prearranged time frame for renegotiation, and the responsibilities of each partner. Of course this is not legally binding by any means, but it's a way to clearly express your intentions and desires to each other.

PLEASE try to let go of your self-judgment and inner erotic editor. Negotiating and articulating your (taboo) desires is how you figure out the best way to enjoy your sexuality. It's how you determine where your prejudices came from, whether they were taught to you, and whether they could use a little self-reflection. When you can learn to accept without judgment what turns you on, and what makes you cum the hardest, you get to travel deeper into your own fantasies and explore even further!

It's also important not to judge your partner's fantasies and desires. While they may be activities that don't appeal to you (or that even repulse you), try your best to accept that just because they fantasize about it doesn't mean that you have to engage in it. Regardless, they should be free to talk

about it. As you let go of your self-judgment and inner erotic editor, let go of your outer erotic editor as well.

Of course you have to KNOW what you want before you can ask for it, so allow for open communication with yourself as well. Let your mind wander, and let your dirty fantasies out to play. Tell yourself stories or imagine scenes and see what your response is. If you feel your body start to go crazy then that's a line of interest you should pursue! If you can't come up with stories to tell yourself, well, that's why they invented the internet. Porn, erotica, and message boards are all excellent places to mine for ideas.

If you can't talk about it face to face then use a secondary method of communication. Writing back and forth in a journal or sending emails (using a special account if necessary) are great ways to talk without having to be in the same room. You can even try talking about it on the phone. Seriously. Even if you have to go into two rooms of the same house and call each other's cell phones. The absolute number one thing is figuring out a way -- ANY way -- to make sure there is communication about what is desired. Whether that communication happens within or outside of the power dynamic, it still needs to happen.

One of my favorite stories is from one of my first sessions ever as a pro. The submissive had to fill out an online application and they would check the different activities they were into -- and water sports was on there as an option. So this one client clicked the water sports on his application and then he came in for a session. It was my seventh session of the day so I thought, "Great. I'm going to pee on him and leave him in the tub for 10 minutes to soak it up while I take a little break."

So he came in, I threw him in the tub, I peed all over him, and then I left him there while I read a magazine for a few minutes. After a short while I went back into the bathroom and I said, "Yeah! How do you like that, little piss slut!?" And he responded, "Isn't watersports enemas?" to which I replied, "Oh, no honey. It's not. You should probably Google an activity before you request it!"

Bringing it up

If it's a specific activity you want (for example, foot fetish or gender-bending) make sure you share those specifics. If you're submissive, remember that it's not topping from the bottom to share your fantasies. It's an act of generosity, as long as it's a matter of sharing what you need to get off, and not demanding what you expect from another person. At this stage, you're just sharing your thoughts and desires.

There can be a strong desire to try and explain your humiliation fantasies. If you feel able to do that, fantastic! If not, but feel compelled to explain yourself, simpler is always better here, like: "I'm not quite sure why this turns me on, but as long as boundaries are respected, it doesn't cause me genuine harm, so I just want to go for it".

Like all kink activities, I suggest you work your way up to the high diving board. Don't dive into the deep end right away. And don't ask your partner to dive in right away either.

Talk about what you're looking to get out of the experience. It's kind of like the Socratic Method -- talk about the why, and you'll have an easier time figuring out the how.

Remember that no matter how carefully you've negotiated a scene, both the submissive *and* the dominant reserve the right to say no, before or during a scene. This is a necessary part of the trust between the dominant and the submissive. There can be unexpected triggers, and it's important that you're able to escape in whatever way you need to. As I've mentioned before, that should be part of the negotiation: how to handle it if something goes wrong.

Topping From the Bottom

Here's a general myth that I like to bust: **topping from the bottom*** doesn't exist. Being accused of topping from the bottom is something that a lot of submissives are very worried about. It's the idea that somebody that is in the submissive position is attempting to control what happens in a dynamic or

during a scene. A lot of submissives are very worried about that. They don't want to even *seem* like they're exhibiting control.

Topping From The Bottom -- The concept that a submissive is attempting to control the dynamic or scene by sharing their desires.

Some dominants are concerned about this as well; they want to make sure that their power dynamic is situated and secure. But this concern is often a result of insecurity. Here's the thing: if you (the submissive) give me (the dominant) an awesome suggestion and I decide to use it, who's in control? Me! Because *I decided* to use it. You (the submissive) giving me (the dominant) information does not actually usurp any control from me; it simply adds to my ability to exert control. That's really helpful, because it can be hard thinking all of the kinky ideas! As the top or the dominant, it can be a little tiring sometimes, feeling like you have to come up with everything.

You've got to think of everything to do.....
 Then you've got to make it happen.....
 And you've got to make sure that they're safe...
 You're always in charge and always responsible!

It can be exhausting.

Whereas if the submissive is held responsible for helping to keep you inspired, they can recognize that they're doing the dominant a service by sharing their fantasies. Of course, the important part is the intention. If you (the submissive) share your fantasies with the expectation that they will happen exactly the way you expect, and if I (the dominant) allow this to happen, the power dynamic *does* get all screwed up. THIS is an attempt at topping from the bottom and is an attempt to control the scene in a way that has not been negotiated. However, if the submissive states their desires clearly without pressure, simply describing a scenario that turns them on or that they would like to try, they place it in the dominant's hands -- the dominant gets to decide what to do with that information. That fits into the established dynamic, and prevents coercive feelings and

disappointment. Nuance will go a really long way to getting more ideas flowing.

Submissives have awesomely perverted ideas! The things that they share with you will give you a huge clue as to what they're into and what they like.

One of the analogies I use is that of a brand-new toy. A submissive is like a shiny new toy with lots of buttons and lights, but I don't know right away what all the buttons do. Wouldn't it be nice if my shiny new toy also came with helpful instructions? That's what negotiation is -- a set of instructions. I still get to decide which buttons I push and how I will play with it, but it's great to know that the red button makes you squeal. The blue button also makes you squeal, but in a completely different way! I want to push all the buttons!

When discussing this idea with a sub, be explicit about this issue. Recontextualize sharing fantasies and helpful information as something very different from topping from the bottom.

Try saying to your submissive, "You are a new toy. If my toy doesn't come with instructions on which button does what, how am I going to know? How am I going to know which buttons I want to push, or which buttons I want to break?" Or say, "You are my plaything, and your will is mine. I require that you expose yourself to me on every level, and that you tell me the absolute truth of what arouses and humiliates you, so that I may enjoy its use." These analogies start to get them to understand that giving you information is a gift.

I phrase it that way directly. "Giving me information is a gift. You giving me information is going to help me fuck with you in a way that is more fun for both of us. Do you want that? I want that." A submissive is actually doing me a *disservice* if they don't give me enough information; they're making me work harder than I need to. I mentioned earlier that one way I get into someone's fantasy life is to ask: "What was the last thing that you masturbated to?" In negotiating a humiliation scene I ask: "What is the most embarrassing thing you've ever masturbated to? What's the most recent masturbation fantasy that you had that made you feel degraded?" The format of those questions allow

my submissives to share recent thoughts and desires in a way that's concretely helpful to inspiring me for a kinky scene.

Negotiating inside or outside the power dynamic

As I mentioned earlier, one thing that I hear all the time is that you must negotiate as equals. For some folks, it's essential to sit down and have a conversation as equals: "Well, what do you want to do to me?" "I don't know. What do you want me to do to you?" This egalitarian approach can be the only way that some people can feel heard. Speaking directly and without protocol can be an effective way to get at what each of you is looking for out of the relationship or scene.

But I don't think you *have* to negotiate as equals. You can negotiate within your power dynamic. In fact, I don't ever negotiate outside of my power dynamics. When I'm talking to the people that I play with, I'm always the dominant and they're always the submissive. That's how we do things.

For example: Wimpy is one of my long-time submissives. Our interests match up with a focus on power exchange and his service to me. We understand each other.

But in our relationship, he is not my equal. That is what we have both consented to and that is the relationship dynamic that has been negotiated. He's an equal human being, sure, but in our interactions, he and I are always submissive and dominant, respectively. There is no other way to be. How does this affect our negotiation? Does it mean that I don't respect what he has to say when he says it? Well, in the dynamic of our relationship -- which we have both both consented to -- we are not equals, and so we don't negotiate as such. Sure, he's always welcome and encouraged to communicate his opinion and desires, but I'm the final word on everything -- because that is *part* of the dynamic. Context is everything here: for us to negotiate in this context doesn't even make sense, right? But does he, do I, have a right to back out of this consented-to relationship? Of course. We have negotiated this consent; but as I

mentioned before, no matter how carefully negotiated, both the dominant and the submissive reserve the right to say no at any point -- to a scene or to a long-standing power dynamic.

For the clearest communication, make sure that you're both using the same language (i.e., that when you say one thing, your partner hears *what you actually mean*). Words don't always mean the same things to different people. For example, let's say a submissive requests bondage -- they are thinking soft silk ribbons and simple, comfortable knots. But if the dominant is thinking Saran Wrap and duct tape, it's going to make for a very discordant scene. Frustration will likely be high and it can be tough to move forward after serious miscommunication.

Tone of voice and word choice have a profound effect on how something is heard. If you play your DomCard™ and command, "Confess the dirtiest thing that you hope I will never do and yet you really are desperate for," you are gathering information. However, the way you phrase it contextualizes your request as a facet of domination.

If you switch to detached language, using vocabulary that's very different from your typical communication, your sub may feel intimidated or shamed by the question. Making it part of the scene can really help. The bottom line is don't ever let semantics stop you from gathering information because information is your greatest tool to fuck with your partner in the best possible way. Get as much information as you can and then use it against them in the most deliciously kinky ways! That's my motto.

Figure out what your goals are.

If you're in the public BDSM world for any time at all, you'll hear many thoughts about negotiation. Frankly, though, we all hear the same things -- the same questions to ask and answer: What do you like? What do I like? What are the activities that we both like? From that, we have a list of activities. Have you ever noticed that negotiation forms are nearly always activity-based?

Maybe you've already covered the basics. "Oh, I want to be spanked" or "I want you to tie me up." But have you explained what emotional state you are trying to cultivate here? Is the dominant looking to feel a sense of absolute power? Control? A level of sadism? Is the submissive looking to feel controlled? Ashamed? Humiliated? Degraded?

What I'm talking about are emotional goals, or what I like to call your **kernel kink***. What are you trying to elicit? If your goals don't complement each other, then even if you're doing an activity you both like and agree to, you're going to end up pretty disappointed. If the word "goal" doesn't feel right to you, you can also think of it as "where do you want to be emotionally during and after the scene?" or "what kind of headspace do you enjoy during play"?

Kernel Kink -- A phrase I use to describe the core aspect of your kink, the *why* rather than the *how*, the feeling desired rather than the action taken.

This is definitely one of those things where you're better off investing a bit of time talking about it first, rather than just trying to work it out through trial and error. Have that conversation. Ask specifically: "What feeling do you get"? Say specifically: "Being whipped like a donkey makes me feel really vulnerable and powerless."

The activity is not the only thing and, in fact, it's not even the most important thing! People can experience the same activity, the same physical action, but with such a different psychological perception of it because we all have different paths to the play. We all come at the same activity from completely different directions, so the goal here is to be headed in directions that complement one another.

Clarifying these goals saves you time, saves you emotional energy, and gets you to more powerful play. Without these negotiations, a dominant may think that what is needed is punishment, when the sub was actually looking for degradation. Or as the dominant, you may perceive an activity as dehumanizing

while the sub finds it liberating because it is intellectually freeing. Understanding the desired headspace in order to shape and curate the experience is part of your domliness. Asking for this information is not an admission of weakness. It is not equivalent to promising you will do whatever a submissive asks for. It's a way to gather the most information at your disposal in order to be your best dominant self. Without this information, scenes fail or feel hollow, which can lead to you feeling shitty about yourself and too often leads a dominant to just being mean. And that is not domliness. It's just assholery.

Survey Question: Has your erotic humiliation experience changed at all over time?

My desire for erotic humiliation has intensified over time. My desire is stronger now than ever because I belong to a Master who I trust completely. I was insecure in previous relationships and I struggled to compartmentalize humiliation in the context of a scene -- I carried the shame with me well after the scene ended, questioning whether the person doing the humiliating really thought of me in such a way. With my Master, I am able to experience the thrill of being humiliated and the release that comes with it because I know He truly loves me and cares for me and He humiliates me for our mutual pleasure.

- Ashley Rose

Yes I am still discovering things I do and don't enjoy, and they change based on the top I'm with and the setting/space.

- BB

I think I've probably grown more intense in all regards over time. I think being comfortable with my ability to read a partner, and confidence in my own skill is what allows it. Skill includes communication.

- ohgodwhy_me

As I've become more comfortable with my primary play partner, my desire for humiliation had increased. I feel that it's an indicator of our level of comfort and trust.

- Leighann

Sure, over a lifetime things change. I'm much more interested in chastity, being led on a leash (I consider that different than being a dog), always being the sub and being controlled by the domme. I love playing at being "involuntarily" overpowered and subdued, though this is also ultimately done with consent.

- A

I think that I'm more open to trying new things now, and I've really enjoyed them. I came into humiliation with only my own fantasies to go on, but you meet other people and see their fantasies and those will rub off on you. I think that my hard limits will remain hard, but I'm definitely interested in trying a lot of things. My worst experiences were with going too far with people I didn't know well enough, and the anxiety of being used leaves a negative feeling towards some of those activities.

- Foot Rest Boy

Definitely has changed. As fantasies become reality, you find out what you really enjoy in practice and discover more about your motivations. As a relationship grows, it makes it easier to explore things that are more emotionally straining.

- Victoria Harrington

As i get more comfortable in myself i find my erotic humiliation interests broadening. The more i love myself, the more i can allow someone else to degrade me within a scene.

- Erin Quinn

I've noticed that my interests seem to change as time goes on and I do more things. Some things that may have been humiliating at one time have now become not so much anymore. They are still fetishes but not as humiliating. For instance, I used to find having my nails painted to be humiliating but now I do it on a regular basis and even have become confident enough to go out in public and to work with my nails colored.

- G

I love how it has evolved. I love I have people I can play with. I love being an outlet for people. I think it helps them be happy and healthy. I go through phases. I love being a sexually creative person! Some people run marathons, bungee jump, and mountain bike. Sex is my adventure, sport, challenge, fun!

- Kendra

Yes, a lot. Being a bottom, a slave, a sissy and wearing a chastity belt 24/7, in Mexico, becomes a cultural and social issue that goes way beyond being gay. It is more intense every day, the craving, the needing to please a superior man, which can get pretty intense in a country like mine: when i've travelled to US, Europe or Africa, the feeling, the vibe, is way different, depending in which country i am in.

- slaveboymx

Negotiation is also the time to find out about any known trigger* words or actions. Sadly there are a lot of people in the world and also in the kink community that have had abusive experiences. You need to know about them to be sure not to trip over them!

Trigger (also called hot-button) -- A word/phrase/action that elicits a strong negative response.

You can be in the middle of an intense scene, with extreme physical sensation, when suddenly a gentle face slap will re-traumatize your sub. It's important to talk about these land mines up front to the best of everyone's ability. Some kinksters *want* to explore BDSM as a way of transforming a negative experience into a positive one by revisiting certain behaviors in a safe environment, but it's better for that to be a choice rather than an accident.

For the first Femme Domme video shoot I ever did, I was playing with a female submissive and before the cameras started rolling I asked her, "Is there anything I should know?" She said, "You can call me skank, you can call me cum sucker, you can call me streetwalker, but if you call me slut we're going to fucking have a problem, you and me. We're going to have a problem." I answered her, "Thank you for letting me know, because I don't want that problem."

But it's not always laid out so clearly. It's another one of those little floppy-sided, annoying conundrums: sometimes you don't know about a trigger until it happens. A person may not remember or know for sure what will trigger a flashback of an abusive memory or negative association. Refer back to the section on what to do if someone is triggered, because aftercare is key when you get surprised like this.

Safewords

Safewords* are a kind of approved language, a communication shortcut, agreed upon ahead of time and used to signal in scene without breaking the scene.

Safeword -- A coded word or phrase used to bring a halt to the action, typically an unusual word that has no ambiguous interpretation. Nonverbal actions can also be used.

It's helpful to have a gradient of terms, with meanings ranging from "please keep going" (a shorthand to respond to check-ins) to "we need to slow down or stop temporarily" to "we have to stop the scene." Many people use a Red-Yellow-Green scale, where green means "Go! Go! Go!" and red means "Full stop." But if you're not comfortable with the "Red-Yellow-Green" system, you can do safewords that fit in with your power dynamic. Something like, "Mercy," or "May I have more please?" are ways that you can communicate without breaking the energy of the scene.

The safewords you use should be easy to remember and shouldn't be in the vein of "No, please stop," since that type of begging can frequently be a desired part of the scene.

Safewords allow everyone to feel more comfortable about engaging in these activities, knowing that if limits are reached, if they change their mind, or something isn't fun anymore, they can safely call the scene off. The same can be said about being free to "beg" for the activity to stop, but unless the safeword is used, the scene will not be stopped earlier than desired.

The submissive needs to be as responsible as possible to be honest about how things are going for them. If you don't want to be disrespectful then you can first ask for permission to speak and then make a request such as, "Mistress, would you please spread the strikes around more on my thighs?"

From the dominant's perspective, there are subtle ways to check in with your sub if you're unsure or would like to double check their emotional state. You don't have to break the scene or give up control to make sure that your submissive is in a good head space. It is VERY important that your submissives feels safe to communicate with you, so if they need to make a request for safety or comfort (within reason of course) don't see it as an attack on your dominance.

The more you play together, the better you'll both get at reading each other during a scene. What a great excuse to be pervy more often! Even shorter, smaller scenes will help develop your intuition (especially as a dominant), which you should learn to trust.

Pay attention to how your submissive is behaving in body language and tone of voice. Learn the buttons that make your partner move in the way you want them to, then press those buttons from time to time to make sure they move in the way you expect. If I know something should elicit a specific response, and it doesn't, it's a good clue that something's wrong.

Safewords notwithstanding, it's truly the responsibility of the dominant to know when a scene might be going too far. Due to "sub space," the submissive doesn't always have the consciousness or awareness to use their safeword, so as the dominant, don't rely on the excuse that they didn't call it so you didn't know that something was wrong. I understand "top space" can kick in also -- the feelings of power and control can at times encourage play to go farther than intended. But the dominant needs to remain aware and orchestrate the scene with as much mindfulness as possible.

Sub Space and Top Space -- A state of mind and set of default understandings that define and outline an individual's role and expectations in a scene.

Safety and foundational work can sound like a lot of negotiation and labor, but think of it as an investment. The more you know and the more you prepare, the better these scenes will be.

Survey Question: Have you experienced any obstacles to exploring/enjoying your interest in erotic humiliation?

I sometimes balk at sharing my fantasies of erotic humiliation with my Master for fear that He will judge me (even though this has never happened and He eagerly embraced and allowed me to explore other erotic humiliation fantasies).

- Ashley Rose

Well, I guess the main obstacle would be finding like-minded, safe, comfortable partners. I need a confident guy to break. It's not fun to humiliate and dominate a guy who bends to my every whim right off the bat.

- Lanie

The stigma. People react more negatively to this than to other kinks (but about the same as the way they react to M/s relationships).

- Master Richard

Because it's such a vulnerable thing for me, it requires a very high level of trust. Since it's also sexual, it requires a specific kind of partner. I've had trouble engaging in this type of play as often as I'd like since I think I can only really healthily engage in it in a committed and sexual/romantic relationship. I've also struggled with talking about my play with others. People seem to understand sexual humiliation but have trouble with degradation, particularly when it's focused on personality or physical traits. That's made it difficult to find people to relate to or discuss when I'm having issues or questions.

- Ella Notte

Partner's' disinterest is probably a big one. I also really get off on public humiliation, but it's either not acceptable at many venues or leads to bad reputations and accusations of (non-consensually) abusive relationships.

- Ash

I still have a hard time knowing when and what I may want to experience and being able to communicate that to my partners. It is very dependent on what headspace I'm in.

- BB

The main obstacles for me have been my shyness in general, or not always coming out and fully asking for what I want. If I'm with someone [for] a while that usually fades as I open up more, as my trust builds or worry of scaring them off goes away. The other obstacle has been either finding someone who is actually into humiliation or who is into it but willing to have it be private/non-public humiliation.

- MultiPerv

Yes. It is hard to meet people in the first place...much less get to know them well enough to feel the level of trust needed to disclose a desire for erotic humiliation.

- Anonymous

Yes. Having partners that were not able to get a read on me emotionally can't really fulfill my humiliation desires. It is so much in my head and how I feel, I really need my partner to be able to read me pretty well to make it work.

- Boundprincess

I think the biggest obstacle is explaining the fetish to partners. I've only confessed my submissive fantasies and I've only indulged my partners in their submissive fantasies. It's hard to say, "I want to collar you and write 'slut' on your forehead," to someone you love and respect.

- Foot Rest Boy

Definitely more complicated after coming out Trans. I feel much more of a need to be "strong" in a societal sense and not play into stereotypes, but I still need what I need to cum properly. *sigh*

- Scarlet Begonias

Bringing it up is always hard, i get very embarrassed expressing any humiliation i'd like to experience, because it usually involves talking about deeply personal experiences. Building that kind of trust that i find i need also takes time.

- Erin Quinn

On one hand i know it's a part of me and who i am. And more than one person has told me not to be ashamed of it. Though at the same time they caution restraint with which i sometimes am without. Acting or doing without true thought of the consequence to fulfill my need.

- Shaun Taylor

CHAPTER 6

Use Your Words: Incorporating Verbal Play

"It feels strange to say it, but I love verbal humiliation. It can be playful when she just calls me 'pup' or 'boy,' or it can ramp up with all of the typical terms like slut, cum slut, sissy, and so on. Whether it's mild or more, the words are triggers that take me out of the real world and keep me in hers. Sessions where the verbal humiliation just keeps coming and is elaborated on are the incredible. The elaboration might be about what I'm currently doing, something I've done in the past, or something I will be made to do in the future. I think the male imagination is a little out of control at the best of times, but during humiliation play and in a submissive state of mind it can go crazy. I feel very lucky to have someone that will do this for me."

- P

Speaking and verbal play are some of the most underused elements in the BDSM scene.

The act of using words to engage your playmate's brain is so efficient and effective, but people can be scared off because the most effective words -- especially in humiliation play -- are not words we use very often. Verbal taboos can be one of the most challenging things to get comfortable with -- not just

humiliation but any dirty talk. Often, it only gets harder when you add any sort of derogatory theme to it.

So I'm here to say...don't be afraid to use words, even powerful, offensive words. Even the same word over and over, if they're the right words. By using words you engage the brain, and that's where all the best sex happens anyway. If I'm turning somebody on and sexually teasing them and then suddenly I simply walk away without saying anything, there's certainly *some* psychological power in that. However if I look them in the eye and say, "I'm done now because it's not like you're going to get to cum or anything." How much more powerful is that? Using words to emphasize **what** you're doing makes all of it even more powerful and memorable.

If you don't know what to say, take the approach of a sports commentator and narrate your perversions or tell them what you're about to do, "I'm now getting ready to pinch your nipples, I'm thinking about it, I like looking at your nipples getting hard, I'm thinking maybe I might pinch them with my fingers."

Don't forget how tone of voice affects the words you're using. There is a difference between giving an order and making a request. If you sound tentative about calling your submissive names, they just won't have the same oomph to hear them (or say them). Remember that you are using these terms in a consensual experience and you're using them on somebody who likes it, so just go for it!

You have to find your own style. Give your sub specific words to describe themselves, or you, or various body parts. Force them to narrate, or to answer back as instructed. The power of language goes both ways.

You can even use "non-kinky" vocabulary, but let your voice drip with disdain: "Have you done what I asked?" "Did you do as you were told?" "Are you finished?" This is a really fun thing to practice. We get more comfortable with manipulating language when we use it more frequently.

If you're having a hard time using naughty words, find words that you *do* feel comfortable with (or that you're close to comfortable with). Now practice

them when you're in the shower, when you're doing the dishes, if you're driving... anytime you're alone. When you're doing the dishes, try saying out loud, "Cock. I've locked your cock, I've locked up your cock in a cage." Try practicing with different tones of voice and getting more comfortable using the words so that when you're in the midst of sexy time, it flows more naturally from you. That way you can claim that verbal power and use words to their full advantage when you're playing – ultimately sexier for you, and more fun for everyone!

I had a submissive once who I would tease with a show of bodily contact while he was locked in a chastity device. I would lead him through a demeaning conversation, requiring responses from him, while with one delicate finger, I stroked my body. He was allowed to watch me, until I stopped and asked him in teasing tones, "Oh, you're locked in chastity, aren't you? I bet you're just straining to enjoy this. Oh, are you straining? Is it challenging for you?" He was required to answer me and it was all rather playful and sexy.

Stopping the action and using words to emphasize his locked-upness, the denial, the submission, his impotence, made a very simple action incredibly powerful. "That's right. I'm in control of your orgasm. You'll look at my body when I command you to look at my body. You will cum when I let you cum."

Using words to emphasize whatever it is that you're doing is super effective. Both new and long-time kinksters tend to think you've got to be a walking thesaurus. I disagree; as I said before, feel free to use the same word over and over... if it's the right word. If I'm going to talk dirty, I can work with a comfortable vocabulary of 10-15 phrases. Guess what? I've been calling my boys "slut" for 15 years. And it's as effective today as it was then, because the enthusiasm, emphasis, and context is still there.

You can ritualize and fetishize those phrases -- I call it "**Pavlov yourselves**". We all know Pavlov, who trained dogs to salivate when a bell rang by feeding them and ringing the bell simultaneously, right? Properly trained, the dogs would then salivate when the bell rang, even if there was

no food presented. People are just like that. It's really handy – just think of your submissives as Pavlov's dogs! If you start to ritualize a phrase (or an action), then just the sound of that phrase can start to put you both in the desired mindset.

Pavlov Yourself -- A phrase I've created, derived from the experiments of Dr. Ivan Pavlov; the act of ritualizing and using behavior training to achieve a certain feeling or headspace.

Words also provide a powerful way to explore adventures you might never actually want to act out. By *describing* what you would do, you create a powerful story that allows you to live out fantasies that might be impractical (or illegal!) in real life.

For example, I had a couple who was monogamous, but the female submissive was very much turned on by the idea of group sex. So I had her male dominant practice different tones of voice, blindfold her, and then he used these different voices while roughing up her body. He also used a variety of sex toys (including a dildo suction-cupped to the wall for her to suck) to enhance her feeling of being overwhelmed by many sensations. Blindfolded, she was able to experience being sexually "used" by "multiple men" even though this would have been impossible within the limits of their existing relationship.

Also, if physical ability is an issue, imaginative storytelling can be used to access experiences otherwise impossible. I had another client who would come to play once every couple of months who was very into a good cop/bad cop fantasy. However, he was really overweight and couldn't physically do the actions he fantasized about. So, I would walk him slowly around the dungeon while verbally creating the space for the fantasy, and describe in detail what was happening, "Now I'm going to put you in the trunk of my car and close you up in the dark while I drive for hours. There is no possibility of escape while you are trapped in this tight little space." Fantasies can be impractical for any number of reasons -- but with a little creative wordplay, this fellow was helplessly in the hands of a sexually sadistic cop.

Ways to Play

Name-calling and teasing are a particular favorite of mine. One of my best tips is to use a deck of inexpensive index cards – (you can use technology, like EverNote, but I’m old-fashioned and I really like office supplies!). Write a different phrase or dirty name on each card to create flip-through options. You can also have your partner write different phrases. When you’re really feeling lazy, you can just say, “Get the deck. You’re not even worth the effort to think of dirty things to call you.” That in and of itself supports a humiliation mindset, and it lightens the dominant’s workload. So efficient!

Another way to use the deck of cards is to hand the submissive the deck and say, “Tell me three things that you are today.” If in your deck, you have “cocksucker, street whore, cum dumpster” and they pick those out, that’s giving you a really good idea as to where their desires are taking them. If they pick “cockroach, inchworm in the mud, mold in your toilet,” that gives you a really good clue in another direction. It frees the submissive from having to verbalize their particular desires and it provides the dominant with both insight and a start to the humiliation play. Get the submissive to help clue you in and to inspire you; be the mutual inspiration society.

You can also use the special deck of cards I’ve created to keep the verbal inspiration flowing! Check out the **Scene Starter™ Humiliation Deck** at EnoughToMakeYouBlush.com/store

Begging -- The act of begging is one of the most fundamental (and fun!) ways of using verbal play. Hearing someone beg for an activity, perhaps something they really do want, or perhaps something they’re hesitating on -- both of these types of begging will tap into the psychology of humiliation. For the submissive, the acknowledgement that they want something dirty or taboo (begging for an orgasm, begging to be led on a leash) is a way to use the power of their own desires “against them.” And for the dominant, making someone beg for an activity they “don’t want” (within the consensual and negotiated list of activities of course!) is a powerful way to fuck with their head. Listen to the submissive struggle to adjust the tone of voice to convince the dominant that whatever they’re being made to beg for really is desired.

One scene I had was with a male submissive who wasn't really into pain, but was willing to suffer a bit for my amusement. I had a great little handheld electrical zapper, so I had him beg me to shock his cock with it. The first few rounds sounded VERY unconvincing, so I continued to give him little zaps on his cock and after each one he'd have to say, "Princess, *please* shock my cock again." We worked on tone of voice until he sounded as desperate for it as I wanted him to sound. For him, by the end, the humiliation of having to beg for it did put him in the right mindset and so eventually he really was begging for the electric zap in a way he never thought he would.

You can also have your submissive practice while looking in a mirror, if you would rather wait to see the "final" version of begging. Making them look themselves in the face while practicing "being pathetic" is super humiliating, and again, lightens the dominant's workload!

Quizzes – I love to quiz just because it's fun. It evokes a classroom feeling of pressure and being constantly evaluated. Think of the punishment potential for wrong answers! "What's my favorite color?" "I don't know." "You're useless!" Smack, smack, smack! You can quiz them on academic questions (state capitals or past presidents) which they might actually know, or stick to more personal topics (birthdays, favorites, and past experiences) where you're more in control of whether they have the right answer.

Forced self-humbling – The amusement that can come from watching a submissive try to articulate words while they're turned on is rather enjoyable. Make them think of dirty things to call themselves and watch as they struggle to bring forth appropriate terms from their muddled and aroused brain.

Start with something like, "I'm going to humiliate you by calling you names." Then, move into, "I'm not even going to bother to think about calling you names. Get me the deck!" Beyond that, we have, "I'm not even going to bother to read the deck. Humiliate yourself while I listen and laugh at you."

Remove the submissive's personal identity by calling them slave, it, thing, etc., tends toward the degradation side of play. Stripping someone of their "human identity" can be freeing. (See the chapter on Dehumanization.)

Confessions – Here's my best tip for getting actual confessions from people: ask them no less than three times.

One of my favorite ways that I use to get to know somebody is to ask: "What was the thing that you thought about the last time you jerked off?" Typically, people will give you the most palatable version of whatever they were most recently thinking about. Then you have to ask again: "Now, what's the *actual* dirtiest thing that you've thought about?" and they might respond, "Well, okay, I was thinking about this kinda dirty thing." Then you go in for the kill. "Okay, but what's the filthiest, dirtiest thing that you've thought about recently to jerk off to?" That's when you get the good stuff! People tend not to just spill the beans right from the get-go. Occasionally you'll get someone very blunt or uninhibited who will share their deepest desires right away, and that's great. But if they don't, asking and being persistent and really digging in will get a confession that is much more useful for you. Three times, with increasing pressure and seduction. Try it!

Confession is a huge psychological set up. Having someone talk about a memorable experience, forcing them to describe and relive the experience is a way to get their brain going, rather than just taking in information. They've got to process it and figure out a way to articulate it, and they have to cope while admitting, blushing, and confronting their own desires.

Mantras – I had a submissive that did my laundry for many, many years. Once, he screwed up something with my socks pretty badly. Luckily, this boy has a foot fetish, and so forever after, when he'd put my dirty laundry in the washing machine, for every stinky sock, he'd have to pick up each one, sniff it, and say out loud, "I'm a stinky sock sniffer."

He'd have to do this at the laundromat. That became a mantra for him when he'd come in the door and I'd say, "What are you?" He'd say "I'm a stinky sock sniffer."

I like alliteration a lot, and it makes a mantra memorable. Use your imagination. Come up with a catchy rhyme! "Daddy's boy is Daddy's toy." Make it something that stays with them.

Wearing Signs - You can create signs for the submissive to wear around their neck, either temporary ones that won't last long or more permanent signs that are laminated.

Words have an incredible amount of power, and we can use their over-arching social context along with our own recontextualization to create psychological arousal.

More ways to play:

- Focus on one or two words and play with the tone of voice to imply different meaning.
- After each smack with an impact implement, make the submissive say a specific phrase.
- When out in public, whisper what you plan on doing to them later into their ear.
- While forcefully stimulating them, require a confession of a humiliating fantasy.
- Create a ritualized phrase they must use while begging to have an orgasm.
- Command them to come up with 10 dirty descriptive words for themselves.
- Together, create a "thesaurus" of words that turn you both on, to be used in scene.
- Instruct your sub to rewrite songs or nursery rhymes using dirty words.
- Use washable (or permanent!) markers to write naughty words all over their body.

CHAPTER 7

This Little Piggy Went to Market, This Little Piggy Sucked Toes: Foot Fetish

"I've enjoyed some teasing 'forced' sock sniffing while being masturbated, having/getting to worship her feet while she read a magazine, playing 'chase the feet' at a dungeon party and another time on a lawn."

- MULTIPERV

Foot fetish is its own huge umbrella, beneath which there is a wide variety of kinkiness, including humiliation play. Important to note here: there are a lot of foot fetishists who do *not* consider humiliation to be an element of their experience at all. For many years I threw private foot fetish parties in Boston and Baltimore, as well as attending many others throughout the United States, so I've spoken with a LOT of men and women who enjoy this fetish. Statistically (and anecdotally), I'd say more men have a foot fetish than women, but for a majority of the women I met modeling at foot parties (as well as in my general kink event experience) once they were introduced to the joys of the foot fetishist, their enthusiasm became authentic.

In recent years it seems that the idea of the "foot fetish" is having its cultural moment -- to the point where the idea that someone could be "into feet" is positively mainstream. However, although there is a cultural knowledge that something broadly described as the "foot fetish" exists, that general knowledge

lacks an understanding of what these fetishes really are -- an understanding of what it is about feet that actually gets people off. Personally, I've found there to be an infinite number of ways that foot lovers can get extremely detailed about the specifics of their desire. From the color of nail polish to shape and length of toe to intensity of foot scent, there is a wide range of interests under the idea of "foot fetish."

Foot fetishes are also a good possibility for public play; certain activities, such as receiving a foot rub, won't arouse any suspicions that something sexual is happening (as long as you're each discreet about your appreciation for the experience!). But like anything, adding a public element can also hugely up the ante, both in terms of humiliation and risk. Go ahead: have the submissive kiss your feet upon public dismissal, or put them in a rain puddle so that you might use them as a stepping stone, protecting your feet (and giving them the added bonus of being walked over). But be careful not to attract unwanted attention, or offend those who didn't consent to be part of your scene. I recommend you read Chapter 16 which is dedicated to public play before venturing outside.

For those who do enjoy an element of humiliation with their foot fetish, the focus is frequently on feelings around being "low" and on the "level" of feet (both physically and culturally), or being embarrassed about having a foot fetish at all. A foot fetish is another great one to "use against them," with verbal play focusing on how much feet turn on the submissive.

Certainly there are many foot lovers who have fastidious tastes and like the feet they're worshipping to be completely clean and scent-free. However, when humiliation is involved, strong foot scent is often a big element, and for some, the smellier the better.

Foot scent is an extremely personal aroma, and while there are things you can do to accentuate the smell of your feet, it's pretty hard to change the aroma of your feet outright. Some people just don't have very smelly feet (which, in this case, might be disappointing!), so you have to find what works for you. To enhance the experience, I recommend wearing leather shoes or very old and used athletic shoes. I've also found that Uggs (the suede boots lined with

fur) can be very effective at upping the stinky-ante if worn barefoot or with stockings/socks.

The term **foot worship** covers a few different activities. Passionate kissing, licking, and sniffing are naturally worshipful ways for a submissive to express their love for feet. You can imagine a logical conclusion here, and how humiliating it can be (or can be made to feel) to have your submissive cum by rubbing himself against your feet.

Foot accessories also tend to be a separate but overlapping interest. A submissives foot fetish might be focused on bare feet, or might require the addition of socks, stockings, or shoes and boots. Each of these can be used to customize the humiliation and add to the vocabulary available for the verbal aspect. Having the submissive “polish” boots with their tongue is popular, and there are some who engage in “bootblackening” play from a humiliating perspective. This submissive might put together a care kit and commit to being responsible for the tender care applied to all the dominant’s boots.

Dirty feet are another subset of foot fetish, as usual to varying degrees. The extreme version might include walking around barefoot in a parking lot until the soles of your feet are black with asphalt, then making the submissive “lick them clean.” Of course this isn’t sanitary and so you both carry a much higher risk (the dominant stepping on something and being injured and or the submissive licking up actual dirt and god knows what else from the pavement).

As I said, not everyone into foot fetishes is there for the humiliation. But for those whose fetishes cross over between humiliation and feet, there are many ways to incorporate the two, using elements described in some of the other chapters.

More ways to play:

- Make the submissive kneel inside a closet with their face smooshed into your used sneakers.
- Tickle their feet. With a bit of bondage, this can be a fun way to make subs lose physical control of themselves.
- Serve them a meal with your feet, so they have to lick it off your toes.
- Crush their food under your feet, or rub your dirty feet into their food.
- Use the submissive as a footstool or a rug to wipe your feet.
- Encourage deep breathing through socks that have been worn a few days.
- Use your feet too lightly (or more roughly if desired!) put pressure on their genitals.
- Have them get low to the ground to crawl behind your feet/heels/boots.

CHAPTER 8

I Think Your Lampshade Is Crying: Objectification & Dehumanization

"Most recently, my Master and I have begun to explore pet play and we have found that dehumanization is particularly humiliating to me, such as being made to eat out of a bowl on the floor, walked around on a leash while crawling on all fours, performing tricks (such as rolling over), and being potty trained."

- ASHLEY ROSE

Dehumanization is great for the overly cerebral, or when someone starts to think themselves into a frenzy. It's a very Zen kink practice, where there is one single focus: to exist as that item or creature. Personally, I classify animal play as mid-level because there is still personality that's allowed to be expressed through interaction. But when someone becomes a lamp or table, that's as basic as it gets. "Hold this light still. Balance this plate on your back. Stay curled up as a footstool." These create a tunnel vision feeling that can be a mental relief from the daily non-stop act of decision-making and processing. Dehumanization frees the sub from all that pesky upper-level mental function.

One of the most simple depersonalization techniques is using a hood (with or without eye and mouth holes) to cover the whole face. For long-time partners this can be an easy way to make the submissive less recognizable and

therefore make it easier for the dominant to act with more emotional distance, if that's the energy you're going for.

Differently-abled bodies will need to work around these suggestions to find what's best for you. There's an adaptation for almost everything if you consider the kernel kink*, and the goal you're trying to achieve with the activity. Dehumanization is more about tapping into the spirit of the animal or object you're becoming. So if you want to do puppy play and you're in a wheelchair, your movements can still have a sense of scampering if you express that feeling within your ability.

Like any physical activity, you should take into account your ACTUAL abilities. I love pushing boundaries, including physical limits, but safely and within reason. If you have bad knees, then don't curl up for an hour straight without stretching out. You may not be able to move afterwards, or you might pull a muscle that prevents you from more playing, or even worse, intrudes on your everyday life. The fantasy of being bound in rope for six straight hours to keep you in that table position might be the hottest jerk-off fodder ever, but there's a translation that has to happen for your human body to endure it in real time.

Puppy play, pony play, kitty play: for some people it's the experience of being released from having to be intellectual and analytical and be induced to play rather than think. For others, it goes beyond simplification-of-self into humiliation. Know your submissive.

Becoming an Animal

One type of dehumanization is animal play. Not everybody who engages in animal play finds it humiliating. There are plenty of people who love puppy, kitty, or pony play who find it liberating – they are finally free to be that puppy, kitty, or pony. But many people also find it dehumanizing because in this scenario, you are turned into something less than our glorious curse and blessing of being human.

Being a kitten is not complicated: play with string, curl up in somebody's lap, purr.

Puppy play sessions were some of my favorite when I was doing professional work because it was a low impact way to play with embarrassment and humiliation. I dealt with a lot of cis-het* male guys, and I would say "I'm going to turn you into my dog. Are you ready?" I would get very into character, and though they might initially be trepidatious, they would eventually get very excited.

I'd start by saying, "Okay puppy, okay puppy! Who's a happy puppy?"

"Me!"

Then I would say, "Uh oh... puppies don't talk. No, puppies don't talk. Puppies bark!"

Let's hear the puppy bark. Does the puppy bark?" And I'd give him that expectant look one gives a dog who has received a command.

"Ruff, ruff, ruff, ruff," he would offer, halfheartedly.

"No, I only play with enthusiastic puppies." I'd use the voice that let him know he's a bad puppy, because he was not listening. "Let's hear enthusiasm."

That would make him try harder to please me. "Ruff, ruff, ruff!"

That earned a little reward.

"Oh, you know enthusiastic puppies get to sniff my crotch! Do you want to be a good, enthusiastic puppy?"

All of a sudden, he was the best dog on Earth. "Ruff! Ruff! Woof woof woof!"

Now he had the idea. "That's right. Good puppies get to sniff my ass."

"Ruff, ruff, ruff, ruff, ruff!" He'd sit up and beg, he'd do tricks.

I'd pull out a flopping dildo (make sure it's not a low-quality jelly dildo) and play fetch the bone.

"Oh, you want the bone? You want the bone? You want to fetch the bone?"

"Ruff!" He would be humiliated by this ridiculous toy, maybe emasculated by it. He'd be dehumanized by my tone, by my repeated and simple commands.

"You do? You want to fetch the bone? You want to fetch the bone?" Yeah, just because he couldn't speak doesn't mean he couldn't beg for it.

"Ruff, ruff, ruff!" He was dehumanized because I had stripped him of language.

"Fetch the bone!"

I'd throw the wiggling thing across the room and he'd go scrambling over.

"Only with your mouth!" He was dehumanized because I had taken his opposable thumbs.

"Ruff, ruff, ruff," he would bark around mouthful of wiggling dildo. Just a simple puppy.

Perfect.

One of my favorite mind fucks for puppy play is: you get the same size can of beef stew as dog food. They're the same size and shape. You swap out the labels, but you make them smell the actual dog food before dumping the beef stew in the bowl. The look of horror on their face is priceless. It is amazing, as they can't help but balk, I'm standing there saying, "Good dogs eat all that food, so you better believe *you're* going to eat that dog food!"

More ways to play:

Other Puppy Play Ideas –

- Explore different types of collars and leashes.
- Teach them to do tricks -- lay down, sit, roll over, beg.
- Put them in a dog cage (bonus experience of shopping for the cage!).
- Give them a special dog bowl that all meals are served in.
- Make them hump your leg, a pillow, or a stuffed dog.
- Make them eat peanut butter off your genitals.
- Use sexual positions suited to a dog.
- Give them a puppy bath and grooming session.
- Make them pee on a puppy pad.
- Get a “cock leash” or a leash with clamps to lead them by their genitals.
- Have them sleep on a large cushion at the foot of your bed.

Other animal ideas

Kitten play: strings and ball toys, rope bondage, scratching post punishment, spray bottle training, litter box training, tongue bathing the master, neck biting as in cat sex.

Pony Play: many people don't find pony play particularly humiliating. More of a work horse/donkey approach may be needed: transporting with saddlebags, whipping, bridle/harness walks, “facilitated breeding procedures.”

Barnyard Animals: Play “Old McDonald Had a Farm” using masks from the costume shop, and have them make the appropriate sounds.

Becoming an object

One step beyond animal play along the continuum of dehumanization is turning people into furniture – which is also called *forniphilia*, a term originally coined by the famous pornographer Jeff Gord.

I had one client who struggled with OCD who had a very hard time just... stopping. We went to Walmart to shop for a lampshade. Now for the most part, people are too self-centered to care what you do in public, as long as you're not obscene or overtly sexual (more on that in the Public Humiliation chapter). However, if anybody asks, you should come up with a quick story to explain your errand. So when we went shopping, I had my submissive stand there as I tried lampshades on him, one after another. As we were doing this, a woman walked by and gave me a puzzled look to which I smiled and simply said, "He lost a bet." She smiled back and went on about her day.

When we were back at my dungeon space, I put the lampshade on and handcuffed his hands to his dick. I used a cord with the light bulb on it and wrapped the cord in tape. Now, this is dangerous, people. If he drops the bulb, then there's broken glass everywhere. If he hits himself with the hot bulb, he'll get burned. You want to be hyper-aware of these risks, but sometimes the element of danger is part of the attraction. Proceed with caution. (Remember R.A.C.K.)

This submissive had to reach such a still place in his mind, he had to get so very Zen to keep the bulb from touching his skin. It was very much a predicament. He could think of nothing but being a lamp. It was a miracle. The practice of dehumanization is actually a freedom for a lot of people.

Being human is really complicated. Being a lamp is not.

More ways to play:

Art-- Turning people into art and making them just stand and pose in different ways can be great fun as well. You can do this during a private scene, or for the kinkily advanced, take your art to a party! That's a good time, people. That is a very good time for all.

Coat rack -- With a bit of creative bondage, anyone can be used as a coat rack, held in position, with hooks or hangers. And of course you can use a cock-ring on penis-having individuals for an extra peg (a hat-hook, perhaps) with the threat of punishment should the "hook" fail.

Ashtray -- For the smoking fetishist, being made to eat the ash from a cigarette or cigar.

Becoming an it

The furthest down on the dehumanization ladder is turning someone into an "it." This is where they are stripped of all identity, all usefulness, and become nothing more than an inanimate object. Being treated as a piece of property is incredibly dehumanizing in the best kind of way.

Being ignored or not being acknowledged is another way of dehumanizing the submissive. Talking about the sub with other people while the sub is there, putting their nose to the wall and going on about your business, not being interested in them while they masturbate, all of these are ways to make the submissive feel insignificant. Make sure that abandonment isn't a trigger before this kind of play.

Worst yet: in the end you can turn your submissive into trash by stuffing them into a trash can! (This will of course depend on body size and ability.) Bonus points for throwing more trash in after them. Even making someone stand in a trash can while you throw leftover food at them is powerful and sexy in that degrading sort of way.

CHAPTER 9

Coitus Humilatus: Sex & Masturbation

"my Sir likes to make me squirt at play parties, in front of people! I'm told "it's such a turn on" and it "makes Him feel proud" but I'm so embarrassed by the mess and how much i actually enjoy the embarrassment factor."

- ANONYMOUS

Much of kinky play doesn't involve traditional sexual interaction, but that doesn't mean that it can't. The use of humiliation during intercourse taps into strong psychological experiences while incorporating more "traditional" erotic play.

Dirty talk during sex -- This can be used during any of your humiliation play sessions (there's a whole chapter on the power of words and language). When used during intercourse, verbal humiliation tends to focus on the taboos surrounding arousal and sexual interaction.

Cuckolding is another way to play with humiliation and sex and seems to be becoming more popular as an interest discussed online.

Cuckolding -- An informed and consenting arrangement of infidelity enacted for the titillation of the passive partner. Can also called cuckqueening when the submissive is female.

Cuckolding is generally based on the dominant's pleasure, on their right to take another lover, often because of the sexual inadequacies (real or fantasy) of the submissive. As always, remember to make sure you're on the same page in terms of motivation and goals. Humiliating someone for their "sexual inadequacies" can be a huge turn-on, but can also go horribly wrong; there should be careful negotiation before this kind of play.

It's generally thought that the male submissive is the cuckold, but anyone can play this way, depending on the focus. It can involve other partners if you're polyamorous or have an open relationship. You can even incorporate cuckold fantasies into your play without bringing other people into your relationship: have a strap-on the submissive has to suck and "prepare" for sex.

Or have the submissive give the dominant a lengthy oral sex session while the dominant describes in lurid detail what you'll be doing with your "real lover." Add a bit of public play by sending your male submissive to the store to buy Magnum condoms -- extra points if he's able to tell someone that they're "for my wife's lover" (see the public humiliation chapter).

"Forced" bisexuality is when you use the dynamic of consensual non-consent; it usually involves "forcing" a heterosexual man to have sex with another man, but it can be applied to anyone. At one kinky camp event I attended, I was asked to participate in a forced bisexuality scene with a woman who had never had any experience with same-gendered sexuality and had always felt nervous. She wanted to be "forced" so that she could get over her fears and finally see how it would actually feel. What started out as a humiliation scene wound up becoming very empowering for her.

Tease and Denial

The best part of sex takes place between your ears, and that's particularly true when kink is involved. Bodily contact can be fleeting, intense, and exhausting. Mental contact and the whole process of sex, however, can last as long as you want, be as intense as you can imagine, and energizes rather than drains. A great way to engage the mind is through the art of teasing and denial. At its

foundation, tease and denial is based on arousal, anticipation, and control. There are a lot of crossover feelings and actions in chastity play because chastity play allows for a lot of teasing, leading directly into denial.

A great way to cause arousal in a chaste sub (chaste by command or by using a locking chastity device) is to strip or dance erotically for them. I've worked as a stripper and I've taught stripping to many other women. Invariably, people feel self-conscious or even silly taking on the role of a stripper. The truth you need to remember is: your partner is turned on by your body and your confident use of it. Your knowledge that your sexy dancing produces literal torture should help with the confidence part. I consider my stripping experience my pro-dom boot camp, because after the experience of controlling a room full of drunk men, one or two submissives is a breeze! I discovered my dominant self through stripping, because I love the tease and denial aspect of it. It's so powerful for me, and it can be humiliating for those watching who feel intensely impotent, vulnerable, and judged for their arousal

Make yourself the object of lust and worship, but not of contact. Wear stockings and heels and make your submissive follow your feet on a leash as close as they can without touching your feet. Every time they hit your feet they get cropped and if they do it perfectly they get to worship your heels. Or do the same with boots and a belt buckle. Find out what body part, what bit of paraphernalia turns your submissive on the most and turn it against them, and then show no mercy. You hear me? No mercy!

If stripping is a great way to tease, there are also more intense forms of denial. If your submissive is more turned on/humiliated by orgasm denial, try masturbation within a rigid framework. I love to do masturbation minutes. A kitchen timer is one of my favorite kinky toys. You can totally **Pavlov*** the submissive into the sound of ticking being a turn on. One of my submissives can't go to Thanksgiving dinner with his family, because every time he hears a timer "Ding!" he gets an immediate hard-on. This is because for four years, he wasn't allowed to masturbate unless I had a kitchen timer going.

You can also require a stroke count, or have the power of veto to make them drop it, no matter how close they are. A popular activity is called "edging,"

which is being allowed to approach orgasm but never to achieve it. Edging* can be employed over and over again to great result. Teasing and denial leads to sexual frustration and the torture of being close, close enough to see the promised-land, but denied by the will of a powerful dominant.

Speaking of Masturbation...

Masturbation is by necessity an incredibly personal activity, and many people have internalized a lot of shame about it, making it an ideal playground for humiliation.

First, learn the masturbation habits of your submissive. Getting them to discuss this is often its own form of humiliation. Then, once you understand their default preferences, fuck with those preferences. I have a strong absurdity kink where I really like to laugh as often as possible, and forcing someone to jerk off in a way other than their default, in a way that's not nearly so efficient, creates hilarious predicament challenges. Personally, I enjoy the confusion and struggle of watching someone try to cum left-handed much more than the bondage predicaments that most people imagine.

Assign the submissive to masturbate in a position other than they normally use; if they usually jerk off lying down in bed, make them stand up -- watching someone masturbate standing up when they normally don't is fucking awesome! Their knees buckle and they struggle to stay upright, and it becomes a struggle against floppy muscles. And using these as clues, you can begin to deny orgasm. You can say, "Your knees are getting a little wobbly. Let's give you a moment to recover and then we'll let you get back to where you were." I also love to heckle them: "Knees straight! Knees straight!" Controlling your sub's masturbation and pleasure this way, you might make them masturbate for a certain period of time without climax, to feel displayed and frustrated.

Or choose a position or method that you know makes it hard for them to cum -- bonus points if it makes them feel self-conscious to have you watching them struggle. Have them hump a pillow, or use their non-dominant hand. If they normally masturbate with sex toys, deny them sex toys because that

might make it harder for them to cum or vice versa. Mix things up -- throw a wrench into it to play with, to screw up the idea of cumming. "I'm just going to wrap your dick in bondage tape and you're totally welcome to jerk it off. You can cum...if you can. Go ahead and try."

A great way to humiliate someone is to have them masturbate while you ignore them. For example, I might have them stand in a corner while I attend to my email, or file my nails, you know... more important stuff. They would eventually say, "Princess, May I please cum?" and I would say, "NO. Are you kidding me? Keep jerking off!" or "Wait!" and then, "Okay, you can keep doing what you were doing." It can also be more related to my distraction: "You're going to jerk off and be denied as long as it takes me to write this email." From my experience, this is also a great way to incorporate getting shit done! I've got quite a lot to accomplish in this life. I don't have time to be perverted all day, but I try to fit it in.

Caution: this is more likely to bring up more non-erotic feelings than you would expect. Lots of people have abandonment issues -- It's one of the more frequent obstacles to this kind of play. If someone has abandonment issues and the idea of ignoring them didn't come up when you were negotiating, it could go really wrong. Have conversations about triggers and emotional needs.

Masturbation schedules are another one of my favorite ways to play. I used to do this a lot with long-distance submissives, because it allowed for a lot of control without much physical access. I would set specific masturbation appointment times, telling the submissive they could cum Tuesday at 9 am, Friday at 3:35 pm, and Saturday at 11:15 pm. If they missed those times, they were shit out of luck. The effort that they went to make sure that they were home or in a private place at 3:35 pm was astonishing. That's a purely mental experience of domination. There's no physical exertion of any kind for me. It's literally just me saying, "I am controlling your orgasm by allowing you at these specific times or not allowing you at all." Or another less structured option is to randomly set timers on their phone so that when the ringer goes off, they have 10 minutes to find a place to masturbate or they lose the chance. Or text them a code word randomly with the same restriction. You get the idea. Whether pre-organized or spontaneous, it's a great way to play with orgasm control.

Or I might specify how often they were allowed to masturbate. Sometimes I would just say, "You have three for the week. Use them up as you want." I had one long-term submissive who was definitely an excessive masturbator, and he would just bust all three out and then spend the entire week begging me for more. I just told him, "No. No. No. No. Still no." All week long, my philosophy was, "I gave you three. You should've spaced that out."

If you have closer proximity and more time, a very subtle form of torture can be had in edging. Edging is a pattern of masturbating right up until you're ready to cum and then stopping and letting the build-up die away. It's a very classic masturbation game. It requires a lot of control from both partners, but it's intense and intimate and can result in exquisite agony or explosive orgasm. You get to pick.

You might think of some of this type of play as "slut play" where the focus is on sexual objectification and "using" someone sexually.

More ways to play:

- Verbal humiliation -- focus on the taboos surrounding arousal and sexual interaction.
- Begging -- make your submissive beg for sexual acts.
- Forced Orgasm -- use bondage to keep them still while a vibrator is used for repeated and extended orgasms.
- Public "sex" -- use a remote controlled vibrator out in public.
- Have the submissive wear a butt plug out in public.
- For male submissives -- give him an obvious hard-on in public and don't let him hide it (making your submissive wear a strap-on can be equally effective).
- Forced porn -- make your sub watch "extreme" porn that they're embarrassed to be turned on by.
- Voyeurism/Exhibitionism -- go to sex clubs or strip clubs.
- Being "forced" to use sex toys that are too large or uncomfortable.
- "Catch" the submissive masturbating.
- Fuck your submissive with your foot or with a strap-on attached to your boot.
- Instruct them to "seduce" a blow-up doll until they orgasm with it.

CHAPTER 10

Learning to Love the Lock: Chastity & Orgasm Control

"When tied and helpless or in chastity, I love being reminded, either verbally or through action, that I am powerless. The humiliation comes in teasing about the power situation, not in humiliating me as a human being, which turns me off."

- A

Your orgasm is such an intimate and individualized thing. That makes it all the more fun to fuck with! To have control over someone's orgasm or to give up control of your orgasm is incredibly powerful.

Acknowledge the lust, embrace the lust, celebrate the lust, emphasize the lust...and then deny its consummation. When you emphasize the denial, it becomes this great erotic cycle: you get really turned on, and then you're denied, which turns you on, and then you're denied again. We love sexy cycles.

"I think chastity play is my top way of humbling and molding a man. Unlike the other activities, it doesn't stop when the session is over. It's unrelenting, 24/7, cruel and very, very real."

- Lanie

We talked a lot about orgasm control in the previous chapter -- especially the section on Masturbation -- but there are more ways to play available.

What is Chastity Play?

Chastity can be about submission, it can be about pain, it can be about teasing and denial. It can also be about bondage. It's a pretty versatile way to play.

Chastity is the denial of orgasm, but even more specifically, it's the control of orgasm. Now obviously, being chaste means not having sex, not cumming. But it's not just about denial. Forced orgasms are their own art, but they can also be incorporated into the denial as well. Sometimes orgasm control is just denial, sometimes it's a shorter period of denial and then force, and sometimes it's just force. Who doesn't like to choose from such a perverted buffet?

So, let's talk about the denial of orgasm, and the control of orgasm using both devices and (even more importantly) mental control, because here is the biggest key concept from chastity:

Key Concept: You can't depend on the device when it comes to chastity play.

If you don't remember anything else about chastity play, remember this: You cannot depend on the device. You can fetishize the device, you can use the device as a tool in many different ways, but if the submissive who is locked up does not have some kind of mental/emotional commitment to the chastity, no device will stop them from self-pleasure.

That is why I'm *not* going to spend a lot of time talking about the different types of devices. If you rely on a device, you will be sorely disappointed! It does not matter what kind of locked device you have; if your sub wants to defeat a device, they can. Some people can orgasm even with a device on. Orgasm always finds a way! I've had a submissive locked up for years and years, and he has orgasms when we go shopping (which is a very good use

of orgasm, in my opinion). He can cum without touching himself when he's all locked up, because it's a psychological response. Additionally, night splooges (a.k.a. wet dreams) can happen regardless of device. The device will not save you.

I had one submissive who came to me and said, "I'm a habitual masturbator but I'd like to start doing some chastity play." I had done some other training with him off and on before, but he had some commitment issues in the past so I said, "Alright, we'll give it a shot. I'm going to give you a test and if you pass the test then we'll talk about training. You'll come see me Friday night, I'll lock you up myself and you will stay that way until Sunday afternoon when you will come back and I will release you and we'll discuss your potential further training." He was like, "Of course." Friday night came and I locked him up and I said, "I want you to send me a text message tomorrow afternoon, let me know how it's going, along with a photo of the locked cock cage, and I'll see you Sunday afternoon." Saturday afternoon I got a text:

"I'm sorry Princess."

I responded, "What are you sorry about?"

"I let myself out."

"Well, how did you do that?"

"..... Bolt cutters."

This is why devices do not matter. He had just spent hundreds of dollars on this device (this was not a wealthy man), he had spent weeks begging me, and he knew that he had one shot. He nearly cut off his weiner with a pair of bolt cutters to get the fuck out of that cock cage.

Particularly if you have an innie, chastity is ridiculously easy. You just grind on your own device!

You have to negotiate your goal together -- figure out how to commit to each other and to what you're trying to do. I find that people get caught up on the devices. "Which device is the best? How does this one work? What do you think of this one? He can't get out of this, right?" But the pervert-MacGyvers of the world can get through pretty much anything. Mental obedience is a crucial, crucial aspect.

If your sub has a serious commitment and desire to use a device earnestly, however, the whole process can be fun. Picking out a device, locking into the device, all of that can be a really sexy, powerfully symbolic. It is a great reminder -- an industrial-strength authority your sub can rub up against. But it won't do the work of keeping your sub chaste, of keeping their orgasm under wraps.

So that's the thing. The buck doesn't stop with the device, the buck stops with the person locked up. You could do as little as put a rubber band on there as a "device." It's really about that mental reminder, as opposed to the dependency on the lock. The best lock is in your brain.

Locks

Many chastity devices use plastic locks that feature a serial number to avoid a cheat who snips the lock off for a quick wank and replaces it with another. These are very efficient, simple, and safer in many cases than a full metal lock.

If your sub is long-distance or has to spend a long period of time wearing the device, consider the need for hygiene. Hygiene is very important, obviously. If you're containing a very damp, intimate area, things can get unhealthy very quickly. If I've got somebody locked up for a while, I want to make sure that their genitals don't get infected and turn green, all in the name of preventing another orgasm (okay, probably a slight exaggeration, but you get the idea!).

Key Control

While we love dirty, filthy fantasies of control, safety is crucial. If both participants are committed to a scene, the existence of fail safes should be

comforting rather than defeating. Having a second key to a chastity lock, for example, is a necessary safeguard, and it can be incorporated into play as well. Have your sub's key held by a friend -- bonus points if it's their friend (it can be incredibly humiliating and emasculating to tell a friend that your dick has been locked up and you're not allowed to cum unless someone else says you can). You can freeze the key in an ice cube (that's, of course, by far the most popular), or you can hide it somewhere and then put the instructions in an envelope. There's no end to this game!

How Can Chastity Be Used?

Long-Term/Short-Term -- For a lot of players, the goal is to use a device for an extended period of time, multiple days to multiple weeks or months. But if the denial emphasis is powerful enough, even hours can be exciting.

Teasing and Denial -- Once a sub is locked down, think of ways to put them in the path of arousing stimuli. Send them to a BDSM event or to a strip club. If they're into feet, have them sit in a park and watch the flip flops walk by. Use the device to really heighten their discomfort, emphasizing control of their sexual experience, starting with the most basic building blocks of their arousal.

Earning Orgasms -- Chastity is a great tool for domestic training while keeping the focus on the dominant's pleasure (see below). You can set up a gold star system, where the submissive can earn orgasm privileges by finishing chores or giving the dominant orgasms. Set up rules: for every 3 dominant orgasms the submissive earns one. Bonus points if the dominant only wants to cum twice that day.

A Roll of the Dice -- Sometimes it can be helpful to use an outside authority to determine how long the submissive is locked in chastity. Get a set of dice (you can even use role-playing Dungeons & Dragons® dice with up to 20 sides!), then use the roll of the dice to determine the hours, days, or weeks the submissive is forced to stay locked up!

Sexual fulfillment for the dominant -- Of course, just because your submissive is being denied doesn't mean you have to be! There are plenty of other ways they can take care of your sexual needs, from blow jobs and hand jobs to using a gag with a dildo on it.

Use your words -- There's a strong verbal element that can be used in chastity play. I like to emphasize the denial. "I know what you want to do, but you can't. Because you're my locked-up little whore, aren't you?"

Kali's Teeth -- Particularly for short-term play, add an extra element of discomfort with a device called Kali's Teeth (not my actual teeth,

but a device that has spikes on it and can be worn alone or with a chastity device.) It can be excellent as punishment or for a masochistic submissive.

Ruined orgasms are also a thing. That's where you actually let the submissive get to the point of cumming and then do something to ruin it. There are two types of ruined orgasms -- active and passive. A passive ruined orgasm is when you allow the submissive to get to the brink of cumming and then remove all stimulation and let them hump and thrust uselessly. An active ruined orgasm is when you allow them to get right to the brink of cumming and then inflict some sort of distraction, frequently involving pain or impact play. I've always kind of sucked at ruined orgasms because at the point of distraction I mostly just yell, and it's one of the less classy kinky things that I do. I just loudly yell "AAHHH!" While as a technique it's not terribly thought-provoking, it is effective! Of course, punching them in the balls or cunt-punching are also options, if you know what you're doing. I'm an equal opportunity crotch-puncher.

Another verbal trick for ruining orgasms is describing things that are totally not erotic. I've heard people aim at non-erotic distraction by saying things like: "Your grandma's tittys in your face." I'm a little perturbed by that, and I've been known to say some pretty extreme things, but to each their own. It's important to find something that works that doesn't bother you to say, and saying it either repeatedly or loudly enough to throw their mind off the orgasm track. Really annoying sounds also work. You could use an air horn or klaxon as a classier version of my inarticulate screaming.

You can also use physical distraction: taking a plastic bag full of ice and suddenly putting it against their genitals when they're about to cum tends to work pretty well.

I once heard a story of someone who intentionally whispered an awful boss' name in her partner's ear. Use what you know.

Orgasm is one of the best things we have to look forward to, it is our basest, simplest pleasure. Glory in the power of taking that from someone. It's chicken soup for the sadistic soul.

More ways to play

- Use as a bondage device during a short term session
- Clip bells to the device to draw attention to it
- Earn orgasms through domestic service & cleaning tasks
- Send naughty pictures by text or snapchat to “torture” your sub
- Use a ribbon or rubber band, simply as a reminder of orgasm denial
- Dunk his junk in ice water to shrink it before locking it up
- Play 20 questions, each wrong answer equals 1 day locked up

CHAPTER 11

He Was a Little Girl Who Had a Little Curl: Sissification & Forced Feminization

"My semi dressing in public has intensified. Last month we went away for a weekend trip, and my instructions were to pack only female clothes. I also was shaved nude completely with my nails and toes polished. We took in a dance, an apple festival, and a winery that weekend with me dressed."

- LEXI ALLEN

Sissification and "forced" feminization are popular forms of humiliation play, and are typically the most gendered types of play. They may seem like the same thing as cross-dressing, but again we have interests that at times are separate and at times overlap. How can you tell the difference? Sissification is always cross-dressing, but cross-dressing isn't always sissification. Typically sissification focuses on extremely feminine, ruffled clothes, and is deeply submissive. Forced feminization is another term to describe when a man is turned into a caricature of a woman, usually with an attitude of consensual non-consent. Cross-dressing, on the other hand, might use a variety of clothing styles and may or may not incorporate a submissive viewpoint.

I've found that especially with this kind of play, it's most important to make sure that not only your goals, but also your philosophies, line up. My first experiences with sissification were with cis-het* men coming in saying,

“Turn me into a woman so I feel humiliated.” That attitude is deeply rooted in misogyny; most men are brought up thinking that being called a “sissy” or a girl is the worst possible insult. I think being a woman is glorious and beautiful and graceful. From my perspective, most men could only ever dream of the glory of being a woman. That is my personal philosophy.

So when men would come in and say, “Turn me into a woman to humiliate me,” that really frustrated me, until I understood what many of them were saying was, “Objectify me, because I’m socialized to think that only women are objectified.” What they wanted was to be treated like a sexual object. This is where I learned catcalling is not just power-based (although a lot of it is); in the pure and consequence-free theater of the mind, that behavior is intended as a compliment. In their mind, the thought of being objectified sounds awesome. To have somebody look at them and say, “Mmm, yeah. I’d totally tap that.” That objectification (when I removed the hateful mocking of women implied by some kinds of sissification) was something I could provide.

So I took those same clients and said, “I’m not going to turn you into a woman. But I’m going to make you strip for me, and I’m going to throw pennies at you.” They started to learn the feeling of objectification without having to associate it with femininity. This is where I first learned the importance of figuring out the desired feeling (the kernel kink*) before attempting to indulge someone’s kink. Remember the importance of aligning your mutual goals with your philosophies. With this kind of play, for example, they got the feeling of being objectified without me having to compromise my feminist philosophy.

Panties are one of the easiest and most popular sissification tools. Satin and lace are favorite fabrics, because of their femininity and the sensual physical sensation of wearing them. Frills add the right touch to almost any garment. One way to add a public element is to go shopping together at a lingerie store (as a female dominant with a male submissive). I pick out a bunch of panties for myself, and then I hold the panties up to him, and I say quietly to my submissive, “Do you think your little pecker will fit in here?” “Mmm, I don’t know.” The sales lady will walk past, and I’ll say, “Do you think these will fit him, or do you think we need something a little stretchier?”

It's not an obscene question and we're not trying to sexualize others, or involve them in our play without their consent. But places like Victoria's Secret or Frederick's of Hollywood are great. They've met people at various junctures of the kink spectrum; you will probably not be their first. It's entirely likely that they will smile and say, "Oh, I don't know. Why don't we try some of these?" and a public humiliation scene just takes off. You might see them whispering over in the corner, but that's okay. When they're in front of you, they're going to smile. They're going to show you the new line of panties. They don't care. As long as you're buying something (and not being overtly sexual), they don't care who it's for.

More ways to play with panties:

- Have the submissive pick out, wear, and present themselves with a pair of panties.
- The addition of a bra and stockings really completes the look; make your sub pick them out.
- "Catch" your partner wearing panties or masturbating into panties.
- Have the submissive wear panties under regular clothing.

But with sissification, you need to make sure that you've negotiated well, and discovered what works and what doesn't. There are plenty of people who enjoy sissification NOT as a humiliating act, but as a liberating expression of their own femininity. For them, it's not humiliating at all. They get sissified, and they want to be called a pretty little girl, and to paint your nails together. I have friends who are professional dominants who have a huge clientele of guys who want to dress as girls and just be pretty girls together. That's a *very* different kind of kink and self-expression than someone who wants to be mocked for being an ugly dude in a dress. There are many different reasons that might impel someone toward sissy play; finding the kernel* of it is absolutely crucial.

But again, you cannot humiliate someone with something they don't find humiliating. Sissification is for some people very humiliating and for some people not humiliating at all. Men are often taught that the worst possible

thing you can be is a sissy. That's from a very young age. Sissy and slut, I think, are the two most gendered, intense insults that are used, especially in our youth. With a lot of men, you put them in underwear, frilly underwear, and you just see the manhood drain out of them. But remember the example with Wimpy? I would say, "Put on your panties," and while holding up various pairs, he'd ask, "These panties? Or maybe this thong pair, Princess? These ones?" It was more exciting to him than humiliating.

Sissification is not just "men" dressing as "women" -- you can experiment across the gender spectrum. Dress them up as close to the opposite of their self-image as you can, treat them accordingly, and watch their cheeks redden and their genitals flush. My tomboyish, gender-queer friend hates being put in a dress. That's (socially speaking) what she's supposed to comfortably wear, but she finds it horribly humiliating. If you put her in a Lolita dress, she experiences the same loss of identity and frustration as a feminized man.

In sissification, I've learned that men came seeking an experience that they've never had, but had observed happening to others. They saw the way that a pretty girl in a dress became an object of desire or the locus of jealousy. They saw the display of prettiness as the red cape a matador waves in front of a bull, and they decided that being the cape was more fun than being the bull. My butch queer friend wanted no part of that humiliating spectacle; these guys craved it.

More ways to play:

- Have the submissive go to a nail salon to get a mani/pedi in a feminine color.
- Assign a self-pampering day -- bubble bath, shave legs, and self-pedicure.
- Get a pair of high heels for the sub to practice walking in, strut like a model, and balance a book on their head.
- Put lingerie on them and have them dance like a stripper for you.
- Use makeup to make them look "slutty."
- Have them practice curtsies and feminine movement -- bonus points if done in public.
- Dress them entirely in woman's clothing and point out how they DON'T look female.
- Have them speak in a feminized voice and talk over them like most men do.
- After putting them in a French maid outfit, have them clean the house or serve you.
- Wax their bikini line, eyebrows, etc. Beauty is pain!

CHAPTER 12

Total Exposure: The Power of Nudity

"I dated a submissive who enjoyed being collared and led around her apartment and photographed. The pictures were never shared (or even taken off the camera) but the feeling that she could be exposed for having such fantasies created a real rush for her."

- FOOT REST BOY

Nudity is the human body's natural state, but most people feel very unnatural about it, making it an ideal playground for humiliation. Nudity play is influenced very much by the idea that only immodest and inferior people show off their bodies.

Inspecting the submissives' body, and marking down measurements and responses is a classic way to bring attention to a person's physical self and get them feeling keenly uncomfortable in their own skin. As you inspect every inch of them feel free to pinch, poke, and make comments from lecherous to derogatory to disgusted. It's important to remember here that many people grew up absorbing a great deal of shame about their bodies -- and so a great deal of careful negotiation is necessary before you play on that shame (more on this later). Once you've established absolute trust though, their naked body is your vulnerable canvas.

There are small ways to induce the vulnerability and availability of nudity. A common way to do this is to have your sub go underwear-free in public. While this is not likely to get you into too much trouble unless it involves

an extremely short skirt or a windy day (no matter the gender of your sub), I recommend caution: don't do anything that will get you or your plaything arrested. I always remind you to focus on how you would feel if someone found out (think of the consequences!) rather than actually doing something obscene and putting your livelihood at risk. But you can command them to go commando and give this a try.

"I really love predicament bondage and testing endurance. Forcing someone to fail at a predicament is so much fun, and if they succeed the sense of satisfaction they get is nice too."

- I

Public kink/sex parties can be a perfect and welcoming place to show off a naked submissive. This is a great opportunity to parade your sub around on a leash, showing off their nakedness for all to see. Bonus points if you get people to objectify, laugh at, or (perhaps worse) completely ignore them (again, remember what I said about playing with body shame: careful negotiation required). You'll get the effect of a public place, without the pesky drawbacks of real life consequences.

It can be great fun and significant exchange of power to take pictures/make videos of a nude person. Be careful to do this via digital means without automatic backup protocols so that they can be summarily deleted, and nobody has to worry. Unless, of course, the leverage of nudes is part of your play. If that's a dynamic you're using, proceed with caution, only play with trusted partners, and give up the idea of ever running for office.

Body image issues can be manipulated for this kind of humiliation play. However, **play with caution**. This field is full of especially sensitive land mines, and the distance between erotic humiliation and total disaster is shorter than most people think.

I remember one guy spent months writing to me about how he couldn't wait to have me humiliate him and how he fantasized about me mocking his small dick. When he finally came in for the session, I started laying into him right away. "Your tiny little pencil dick is

useless!" Within minutes, he was sobbing. Not cathartic sobbing, but holy shit just falling apart. "I have a small dick," he sobbed and couldn't even catch his breath. Suddenly, it wasn't fun for either of us anymore, because I'm not actually a sociopath, and he wasn't having the exciting time he had imagined. I stopped the scene, sat down, and talked about how sometimes fantasies need to stay in our mind. Sometimes the intensity of an action can turn out to be not really fun or much more emotionally difficult than we thought it would be. Here was somebody who for years thought he wanted an intensely humiliating body-shaming scene, but it turned out to be a very sensitive topic.

For some people, reclaiming powerful words and experiences from real-life trauma can provide an intense experience of erotic humiliation. But I have to tell you, this is edgy and difficult play and not for the faint of heart.

My first exposure to erotic humiliation was just this type of play. I was a stripper at the time, and had gone to a photographer to get some nude photos done. At the end of the photo shoot, he asked me, "Do you want to see my dungeon downstairs?" I said, "Yes! Yes! Yes...I mean yes, that'd be lovely." He took me down to the dungeon, and showed me around the extensive basement play-space. He said, "Do you want to see a video of my submissive?" I said, "Yes! Yes, yes." I tried to play it cool...but I totally suck at playing it cool. I had never even seen a dungeon before, and I was thrilled with the possibilities.

So he turned on a video of a large-bodied woman kneeling in a bathtub, holding a five gallon paint bucket full of pee. As she poured the bucket of pee over her own head she chanted, "It is a pig. It is a toilet. It is a worthless slut. It is a pig. It is a toilet. It is a worthless slut." I was like, "Oh, wait. This not at all what I imagined." Then, she got dressed, putting the clothes on over the piss, and she put a sign on her back that read, "It is a fat toilet." She looked straight into the camera and said, "This fat pig toilet will now go walk around the mall for an hour, Master. Thank you for the privilege."

I admit, I was shaken; I had to stop and say, "Can we talk about this?" As a feminist and a body-positive advocate I was horrified. The photographer explained to me that they had had a very serious negotiation experience wherein the woman explained that for the majority of her life, people had told her body-normative garbage like, "You'd be so pretty if you would only lose weight" and "You have such a pretty face." Then they would call her a cow behind her back. For her, it was this traumatic experience that she wanted to recontextualize, because with her consent and her control, she could assert power over how this happened and how she felt about it.

So, he would look her in the face and say, "You are a fat fucking cow, and I can't wait to fuck you!" He helped her to recontextualize it enough for her to make it into an erotic experience. While this was a powerfully cathartic experience for this particular submissive, is that something that you should launch into unannounced, and hope that your sub will just...come around? Fuck no.

The moral of the story is: talk about what feels sexy and humiliating, and what creates the feeling you're trying to evoke -- remember: what are the emotional goals? Keep your eyes on the prize, people. Get at the emotional kernel of how nudity feels, and then play it like a fiddle.

Another fun activity with a nude sub is **drawing on their body**. You can use makeup, washable markers, or even permanent markers. You can write degrading names and terms like, "Disobedient Slut Slave" or "Cum Dumpster."

You can indicate instructions like, "Insert Dicks Here" or "For Public Use." You can even draw pictures on the nude body, just like friends sometimes draw dicks on an unconscious friend to humiliate them in the morning. That works on almost anyone -- bonus points for public exhibition in a safe and kinky environment.

The contrast between a naked submissive and a clothed dominant is a powerful one. People are always aware of the advantage someone nearby holds

over them; being naked around clothed people makes a person very suddenly aware of their vulnerability.

One popular type of porn and kink dynamic described as **“Clothed Female, Naked Male” (CFNM)** is a codified version of that phenomenon. Some subs have a really powerful response anytime that you emphasize their nudity with your own non-nudity. However, not all subs find comparative exposure humiliating. I once knew a female submissive who would wear skirts in public and tuck the fabric of the skirt carefully into the waistband of her panties or her pantyhose. People would always try to help and discreetly tell her about it, but she had done it on purpose and didn’t want it fixed. She wanted to be precariously exposed, but did not find it humiliating in the least. Perhaps a little embarrassing, but also empowering.

On the other side of the coin, I had a male sub who I would command to stand naked in the corner while I and my nice, clothed friends sat around and had a conversation. He was humiliated beyond belief and hopelessly turned on, just by being naked around clothed people.

I love **making inspections of a submissives nude body**. I like to take the mad scientist approach. One of my theatrical BDSM props is a little clipboard with a small, yellow notepad on it -- it looks very official. With this in hand, I make the submissive stand with their feet spread wide apart and their hands placed behind their neck. Depending on what their comfort level is, sometimes I make them look at the ground, so that they can get a little bit of buffer. Sometimes, I make them look me right in the eye, because that tends to make them feel more exposed and intense. I’ll start fiddling with their bits, getting a read on their body as if evaluating it. I’ll play with their nipples and say, “Oh, nipples seem to be working...excellent,” and will then jot down some notes. The submissive inevitably gets nervous and asks, “What is she writing?” The Princess never tells!

There is almost nothing more humiliating for many, many people than being asked to stand, to bend over, and to spread their ass cheeks. It’s an ass-toundingly vulnerable position because the anus has so much cultural shame and taboo that just being forced to flash your anus, in and of itself, can be

powerfully humiliating in all the right ways. With the right verbal play it can evoke images of prison and captivity, of a life of no autonomy and no privacy, possibly even sexual coercion. Ask for that and watch horror dawn on someone's face... followed by lust.

More ways to play:

- Do a physical “inspection” of the sub and focus on the feeling of exposure.
- Have the naked submissive stand as “art” while others have a meal or socialize.
- Use nipple clamps with bells to emphasize nudity. Clip onto nipples or genitalia.
- Pull their pants down and have them walk with their pants or skirt around their ankles.
- Use bondage to spread-eagle their legs to put them on forced display.

CHAPTER 13

Things That Make You Go Ewww: Putting Bodily Functions to Good Use

*"And i let Her Piss fill my mouth until She says
"swallow" and allows me to take Her Pee inside me."*

- LG

Using bodily functions and fluids in humiliation play depends a lot on the "ick factor." Most of us are socialized to believe that some bodily functions (if not all) are seen as impolite, rude, or disgusting. These things are to be done in private...if at all. We can use the social repulsion factor, the power of "forcing" them to endure the grossness of the actions and/or the emphasis on their desire for these "gross" activities. There are many ways to play with these things -- one of the most common being "golden showers" or piss play.

Piss Play

What's the appeal of piss play? It's a very versatile activity, ranging from sensuous and sexual, to the degrading and humiliating. The sensations of piss play are both physical and psychological. Coming straight from a person, piss is warm. Depending on how much you can control your flow, it can either be light slow drips, or it can be a torrential rain. Psychologically, it can be like marking territory in a primal way by the dominant and it can also have the feeling of being marked as property for the submissive. It can make you both

feel sensual. It can be humiliating for the submissive and empowering for the dominant. There's great variety that can be created with the energy of the scene and the vocabulary used.

Safety

Like everything else, communication is crucial. But because this involves an exchange of body fluids, there are some specific safety issues you need to remain aware of. For an overview of the health issues with safe piss play, I've asked my good friend Dr. Brian to share his expertise. (As a note, the medical information can be a little 'dry' but you won't be after you start your piss play fun!)

Dr Brian's Piss Safety Essay

Urine is formed in the kidneys and then transmitted by means of two smaller tubes, the ureters, to the bladder where it is stored until it is socially acceptable to be eliminated. Many people like to play with urine in a BDSM setting. Golden showers and human toilet training inevitably lead to questions about safety. In the next few paragraphs, we will discuss the composition of urine, the potential for disease transmission by contact with urine and the implications of ingesting that golden nectar that is craved by so many.

The major component of urine is overwhelmingly water. Anywhere from 99% to 95% of urine will be water-based on the hydration status of the person making it.

Urine is theoretically sterile, but there's medical evidence that even by the time it gets to the bladder, urine is no longer sterile. Certainly by the time it passes through a person's urethra it's no longer sterile and will contain minor amounts of bacteria. This is true even in a healthy individual. There is some risk of disease transmission with urine ingestion, but the risk is relatively low. HIV is not transmitted by urine, and the risk of contracting Hepatitis B through urine is theoretically possible, but not very likely. There are other pathogens

that reside in urine and can potentially be transmitted, but again the rates of transmission are low.

As a precaution, wasting the first bit of a urine stream is a good idea. When the nurses ask for a urine sample at a physician's office, the mid-stream is the portion of a specimen that is desired. This allows the first portion of the stream to wash out bacteria and debris from the urethra.

Engaging in urine play with women during menstruation is more problematic when it comes to disease transmission. During periods of heavy menstrual flow it is possible for urine to be contaminated with blood. Blood will potentially increase the number of pathogens that can infect someone who comes in contact with it and will also increase the efficiency of transmission. It should be avoided, unless a pair is fluid-bonded.

Urine consumption has been practiced by many cultures for cosmetic and health purposes. It's an alternative medicinal practice today called "Urine Therapy." Currently, there is a lack of medical evidence for the benefits of urine therapy.

The amount of solute in urine also means that it is not advisable to drink as an alternate fluid source when water is not available. For this reason survival manuals published by the Army advise against drinking urine as a survival technique. The immediate effect of drinking urine will be to quench thirst, but within 15 minutes or so, thirst will return even stronger because of the solutes ingested with it.

The occasional ingestion of urine however will not result in dehydration. The sodium and solute load of urine can be mitigated by diluting it. This is accomplished by having the person producing the urine drink water prior to urinating and by the person ingesting it drink water shortly after imbibing. It should also not be ingested in great quantities or exclusively, or it will certainly lead to dehydration. Much of what winds up in a person's urine is a function of what they eat and drink.

There are several medications that have active metabolites that are excreted in urine and could potentially have an effect on someone ingesting them. Similarly, the ingestion of vitamins, supplements, and minerals can impact the composition of urine. It's a well-known fact that asparagus will give urine a distinctive odor. It is a lesser well-known fact that artificial sweeteners are excreted in urine and will give urine a sweeter taste. If someone's urine has a sweet taste after eating something with a high sugar content, they should be checked for Diabetes Mellitus. Mellitus is a Greek word meaning "like honey" and refers to the sweet smell and taste of a person's urine with this disorder. Even showering someone's skin with urine carries some risks.

Urine by itself is caustic. People that have sensitive skin can develop a rash when their skin comes in contact with urine. Urine in the eye can be an irritant, but more seriously if a person is infected with gonorrhea their urine is infectious. Their urine could cause an eye infection and result in *keratoconjunctivitis*, which is a condition, if left untreated, will result in blindness. The simplest precaution to avoid these complications is to wash off and to irrigate the eye with saline solution as soon as possible.

Finally, just a quick word about scat and coprophagia or, eating poop. It's not recommended. Eating another person's stool is risky and could result in viral infections such as Hepatitis A, Hepatitis E, or Polio. There are any number of bacterial infections that will result from this infection, most notably *E. coli*. Intestinal parasites such as amebiasis, roundworms, and giardia can be transmitted via feces. Ultimately, there will be some that engage in this practice anyway. The most effective way to avoid contracting some rather serious illnesses is to know your partner, ensure that they are healthy, and avoid ingesting anything that is contaminated with blood.

Limits

It is imperative to be able to talk about your limits here. For example, you should have an honest conversation about drinking piss. Some people do not

want to ingest it at all, some people want to be “forced” to drink it (again there’s that consensual non-consent concept), and some want it full-face/mouth-wide-open, drinking it up like a greedy piss slut! However, there are plenty of ways to enjoy piss play without ingestion which can be just as effective. You don’t want your submissive to be forced to swallow when it’s powerful enough just to bathe in it.

The Logistics!

As even the inexperienced pisser can tell you, piss play can be messy. Do your best to contain the piss in the first place and clean-up will be a lot easier for everybody. Think about your container and its seal. If you’re on a bed, do you have waterproof sheets or a doggy pad beneath you? Think about how absorbent the floor is -- can you do this on tile? A bathroom is, of course, the best place for simplest clean up, if not for comfort.

This is when power dynamics can come in handy. Afterward a golden shower session, I just tell my submissive to clean it up!

If you frequently engage in piss play, invest in a stock of large plastic garbage bags, puppy pee-training pads, plastic tarps, or small inflatable summer pools (get them at the dollar store or Kmart). Post-play, you can just wrap up the materials covered in piss and put them in a large plastic garbage bag to put in the trash. If you do it in a shower, or bath, or over the toilet then clean-up is super easy -- just rinse! If any does leak on carpet, use a cleaner that you’ve already tried on a hidden piece to see what the results will be like. Most urine won’t damage fabric or carpet, but the smell can be very difficult to remove.

Preparation

You should drink plenty of water to prepare for the session, but the amount and the rate of consumption depends on your body. If you know that you’re going to be doing a golden shower session early in the day, try to hold it if you can to create the most torrential flow. If you’re playing at the end of the day, drink water consistently and experiment with how comfortable you are, trying

to hold it longer and longer before going to the bathroom. As it gets closer to playtime see if you can wait and just keep holding it! A word of caution: trying to hold it too long can easily lead to a urinary tract infection (UTI) or even a kidney infection. In extreme cases, the bladder can rupture. There is a difference between discipline and danger. Obey the urges of your body, but try and manipulate your comfort.

There are some ways to control the taste and smell of your piss. Broccoli and asparagus are classics; if you eat a large serving of either, your pee will turn bright green and will be incredibly sour and strong-smelling. Coffee creates a bitter taste and B12 vitamins make the color bright orange.

More ways to play:

- Put your submissive in the bathtub with their head down and ass up and make them hold open their ass cheeks so you can “shoot for the hole.”
- Put the sub in a tub or a small kiddie pool and leave them there, pissing on them throughout the day/night.
- Use a funnel-gag for “forced” ingestion (check out TheLatexStore.com for a quality option).
- Choose a special glass or container that is used just for the submissive to drink your golden nectar.
- Make the sub piss their pants by tickling or denying them access to bathroom.
- Put the submissive in a diaper and pee into it (or make them pee in it).
- Piss into a dog dish and make the submissive drink from it like a dog.
- Piss into your own underwear, take them off, and slap the sub with panties. Or make a tasty gag!
- Allow the submissive to watch you closely while you pee.
- Allow the submissive to clean you after you’ve pissed, acting as “human toilet paper.”

Other bodily fluids and functions

Spit’s great. Spit is definitely one of those things that you may feel spontaneous about playing with, but especially since saliva can be an emotional or physical trigger, it’s something you want to negotiate first. To ramp up slowly, you can put a little spit on your finger and then wipe it on their cheek. It’s not as forceful but can be a great way to introduce a submissive to spit play.

Genuine spitting can feel very spontaneous. You’ll just suddenly go “Pfft!” and it’s so empowering! But if there hasn’t been some discussion of playing with spit, and specifically spitting in their face if you do it non-consensually your sub may never speak to you again. Spitting is another one of those things that can be an unexpectedly big trigger for people for reasons of trauma or cultural context.

One way to make it fun is to use a washable marker or lipstick to make a target on the body of the submissive and try spitting to hit the target. Make sure to keep water nearby to stay hydrated!

More on spitting: you'll be surprised at how many different kinds of ways to spit there are, and where, as the dominant, you might draw the line. After all, we all have limits.

For example, personally I love to give a good spontaneous, impetuous "Pfft" spit in my submissives face – derisive, almost dismissive. Then there's the great hawked-up loogie – total disgust. I love to spit on people, but I personally don't like hawking loogies. Not that it's beyond me or something -- I totally can hawk a loogie. I grew up in the country, so let me tell you, I can spit. It was a sport when I was a kid. I can hawk a loogie pretty much anytime, but I gag thinking about hawking a loogie in someone's face. The idea of somebody swallowing boogers and spit grosses me out too much. I can't help but think, "Oh no, honey, get that out of your mouth. Get it out of your mouth."

Of course, spitting on genitals is usually pretty popular whether during sex or other types of kinky play. It's a great way to express disgust. Bonus points for combining this with word play – calling someone "slut" and "whore" while spitting on their filthiest bits will make them feel used and demeaned (in the sexiest sort of way!).

Don't forget, spitting is still a fluid exchange so don't do it without specific consent.

Scent is one of our strongest senses. The memory triggering that happens from scent can be extremely intense. The scents themselves – the pheromones – can be sensual by themselves, but they also can also invoke a great sense of cultural shame for some people. I got very into that towards the end of my professional dominatrix career. I trained my submissives and clients to fetishize me sweaty and wearing sweatpants, because I had grown so tired of fetish clothing and had developed a kink for comfort. It was like,

“We’re going to do a smelly session, because I just don’t care to take a shower for you. Sniff away, you slut.”

Smelly feet is one of the most popular manifestations of foot fetish (though many foot fetishists don’t find their sexual attraction to feet humiliating). Check out the whole chapter about feet earlier in the book.

Farting can be really fun and a bit silly. When I fart for my submissives I like to make it super dramatic. They have to kneel behind me and sniff loudly and clap for me after I fart in their face. It’s also an excellent humiliating addition to “queening” where you sit on their face as breath play, and then fart with their nose between your ass cheeks.

It depends on your own body chemistry, but you can help create gas by eating a plate of beans or broccoli. It can be fun to make them watch you eat it to create a sense of anticipation. Or you can just capitalize when spontaneous farting occurs. “Come quick, Princess has to fart!”

With a remote control gag-gift type farting machine you can embarrass your submissive in public by tucking it into the back of their pants and setting it off when someone walks nearby. Silly fun!

Making someone eat their own cum is also a very popular activity. All along the gender spectrum, people have very distinct feelings about the juices from their genitalia. If you’re playing with someone who has a penis and they ejaculate before they’re allowed (or even on command), by all means feed it to them -- or make them wear it by smearing it all over their body. Many people have internalized shame about the smell of their genitals. If you are finger fucking someone with a vagina, and they are really embarrassed by the idea of “pussy smell,” making them sniff and lick their own pussy juices will be an embarrassing, humiliating act.

But the response might not always be so reticent. There are some lovely sluts that you finger fuck, and they’ll be like, “Oh yeah. I want to slurp it

up! Yeah!” You want to make sure that the response you’re looking for is the response you’re going to get. You can be saying, “Yeah, these are your dirty sex juices,” and the response will not be exactly what you were looking for if the submissive responds enthusiastically, “Yes! Give it all to me!” You were aiming for, “No, please no!” and instead you got someone cock-gobbling your finger and choking themselves on their own clit jam.

Say it with me: Negotiation! Common goals!

More ways to play with cum:

- Spread cum all over the submissives body and after it dries make them put clothes on over it to go out into the world.
- Save cum (put it in a shot glass in the freezer) and then put it into a smoothie they have to drink.
- Cum on their face and let it dry before sending them out in the world.
- Make them cum onto their own body or in their own face.
- Command them to lick the cum off of a shoe, boot, or the floor.
- Cum on a dildo and then use the dildo for blowjob training.
- Use cum as salad dressing (use dedicated plates!).

CHAPTER 14

The Butt-Plugged Butler: Domestic Service & Cleaning

"I had a female roommate that found the easiest way to keep peace of mind was to have a set of rules with consequences. For example if I wasn't keeping up with my half of the chores, I would have to spend a Saturday wearing a "cleaning" uniform (usually a dress and panties underneath). One of her pet peeves was me peeing on the toilet seat. After a couple of warnings I was punished by having to ask permission to pee for a week which was either supervised or I was told to squat like a girl to avoid the seat."
- M

For many, being forced to act as a servant, with a focus on cleaning or domestic activities, works well within a humiliation dynamic. There are a number of ways to incorporate a feeling of service into your play.

Cleaning in and of itself can be a humiliating act. For many men it's considered "women's work" and so they feel inferior for being made to vacuum, dust, or do dishes. Emphasizing the misogyny of this outlook is a great place to start for that sort of player. There's also a classist perspective on cleaning; for many there's a class-based social shame bound up with having to take care of such domestic chores.

A simple humiliating layer added to cleaning is to **have them clean while they're naked or in a sexy/funny costume**. Turn them into the Pillsbury Doughboy (c) and then have them scrub your grout! Put them in high heels and an overly sexualized outfit and make them clean a public space. Bonus points if you have guests over who can appreciate the service being provided! Or make the submissive wear a spreader bar between their legs or wrists so they're hobbled in their movements. Nipple or genital clamps with bells on them are a great way to emphasize their nudity and movement as they clean.

There's a creative product on the market by Scott Paul Designs© called the Humiliator Gag™. It's a mouth gag with a specialized joint for attaching items such as a toilet brush, ash tray, or feather duster. With a simple click you can change out the attachment according to the task at hand.

But have the submissive really clean -- this is not just playtime! Give the areas that have been cleaned the **white glove test**; if it's not clean they have to do it again -- preferably in a *more* humiliating outfit, or in a more disgusting and humiliating manner (licking a surface clean or using a toothbrush works nicely here). I used to leave little notes in places that they weren't likely to remember to clean -- like behind the toilet. I would leave a little note that said, "If you find this, bring it to Me for the privilege of placing one kiss on my ass." Hardly ever would they find it because the cleaning didn't get that far.

Inspecting their work should also be an important part of the session. You do not have to do it every time, but the submissive must know that you **MIGHT** do it so they should always be expecting it. Certainly you should do a thorough inspection at least the first few cleaning sessions to give instructional feedback and check their ability levels. Then suddenly stop doing the inspections, don't check on them for two weeks before resuming inspections spontaneously. Do it at your whim and leisure. The submissive should learn to check every detail, every time, according to your standards, for fear that you might inspect, and for fear of the consequences.

Keeping a house clean is an ongoing process and can be a structured assignment or an occasional assistance. You can make a list of the daily, weekly, or monthly cleaning tasks that need to be done, in order of priority. Explain

exactly how you like things to be done -- this is the only way you can be assured things will be done to your standards and reinforces the looming threat of inspection. Stand over your submissive the first few times they have to scrub the toilet. The idea of being watched doing such a demeaning task is humiliating in itself; the idea of being watched and told that you're being judged even at such a demeaning task is mortifying.

Doing laundry is usually a very personal task so if you're going to grant your submissive the honor of doing this for you, it's even more important that you go over your style and needs. These things can all be taught; making sure that they use the proper soaps, fold your clothes to your specifications, put them away in the correct place, iron and mend your clothes, polish your shoes. The teaching can carry the threat of further humiliation and punishment for doing it wrong. Allowing the submissive to take notes here is a way to set them up for success, or perhaps having to memorize it all is part of the test.

As usual, make sure you're on the same page about the goal. Are you really looking to have the cleaning be effective or is it more for the humiliation? I have definitely found that a lot of the requests that I got for allowing a new cleaning sub to clean for me ended up looking more like this. They scrub one spot over and over while saying, "Princess, I'm cleaning. Princess, I'm cleaning. Princess. Princess, I'm cleaning for you. Princess, I'm cleaning for you." To which I respond, "No, really you're not. You've just worn the tile down in that one spot in my kitchen." Make sure that you're very clear on what your expectations are if you want the cleaning to be competent.

More ways to play:

- Tie rags or sponges to the submissives breasts or genitals to use for scrubbing.
- Force them to use a toothbrush or very small scrubber for attention to detail.
- Have the sub lick and taste the difference between a dirty and clean surface.
- Stick trash on the submissives body and punish if any falls on the clean floor.
- Immediately after the sub cleans up an area, make a mess by spitting out food, walking with dirty shoes, etc.
- Incorporate verbal humiliation/degradation play by comparing the submissive to the mildew in the tub, scum around the toilet bowl, etc.
- Completely ignore the submissive while they clean; without stating it directly emphasize the vast difference between the dominant who is relaxing and enjoying her/himself in any number of ways while the submissive labors away cleaning.

CHAPTER 15

This Is For Your Own Good: Punishment & Protocol

"I like humiliating someone for their own good. I am a punishment fetishist and humiliation is a huge part of facing one's mistakes while someone discusses them openly, having your errors pointed out and corrected, and submitting to and enduring punishment to reach redemption and forgiveness (and I am turned on just typing this)."
- S

group punishment and protocol under the larger heading of discipline. But they are two different topics that are related.

Protocol -- Sets the rules for how certain things should be done, for instance, a submissives position, or how they should speak when spoken to.

Punishments -- On the other hand, are for behavior modification (and frequently, just for fun, a.k.a. "funishment!").

The arbitrary way a dominant dishes out punishment can be a great way to underscore a power dynamic. The dominant can assign punishment based on actual mistakes as behavior modification (but never *ever* punish your

submissive from a place of real anger!) or punishment can be delivered merely for the pleasure and amusement of the dominant.

In terms of habit building, people are like dogs. For the most part, if you do not punish a behavior you want to change immediately after it occurs, the habit will not change. So when you set up a punishment, it has to be something that is realistic. As an example, a submissive says a word/phrase/title that is not allowed. If I responded with, "You've screwed up. You're not going to get to cum for ten months," is that realistic? Probably not, no. Punishment must be associated immediately in the mind with the way it was earned and the behavior we want to change. Perhaps immediately washing the submissives mouth out with soap would be a more easily actionable punishment. We're back to Pavlov here. Make the bell symbolize food, and it will always be an association; make the punishment inspire proper behavior and it will always be an association.

"Goal setting has become a new favorite of mine. Making my pet set goals for herself and then holding her accountable is potentially both empowering and self-staging predicament play. Since she sets the goals, she has only herself to blame if/when she fails."

- Father Klyde

People get very humiliated by being treated like a child, or being disciplined. Some submissives seek to relinquish a strong element of control: some want their bathroom privileges controlled; some want to be forbidden to use furniture or have restrictions on their speech.

Nose-to-the-Wall is a classic punishment, one that's reminiscent of old schoolhouses and naughty youngsters. However, it can get boring for the sub if there isn't another layer added. If you've got somebody with their nose in the corner for 20 minutes, that can be a long stretch to stay aroused or even interested. I love to do what I call "active ignoring." Put them in the corner with their pants around their ankles or their skirt tucked up to show off their ass. Or pour rice on the floor for them to kneel on. As something more actionable, force them to hold a quarter or "punishment point" against the wall with their nose (make sure you secure their hands behind their back!).

Every once in a while, I might just come over to where I have them positioned and say, "You need to get closer in the corner," and then will walk away. It doesn't have to be a circus act interaction. It doesn't have to be a lengthy thing every single time. You don't have to stand there for 20 minutes, although if you want to, you can. They're not going to be looking at you. "Nose in the corner!"

Writing sentences is a classic and really never goes out of style. If you screw up my laundry you're going to write, "I am a stinky sock sniffer" 300 times and in three different-colored pens so that I know that you did not photocopy it! Force the sub to produce and prove an accurate count. Remind them that it is not your job to make sure they've copied correctly, so if you discover that the count is low, you'll add another page. One way to do that is have them number each line so you can see it counting up.

Physical discipline can also fall under humiliation for some people. Use corporal punishment and tell the submissive, "It's going to hurt, but it's for your own good." Or put them in a predicament, perhaps having to hold up a heavy stack of books while they're stimulated and aroused.

Over-the-knee spanking is a particularly humiliating position. Ass up, writhing against your knee, kicking their feet vulnerable and exposed -- just the thought makes many subs flush with erotic shame. Bonus points for using your hands to pry their ass cheeks apart for an inspection or some teasing.

"Grab your ankles and bend over!" This is another humiliating position for any impact implement such as a paddle or cane. If bodily ability keeps from the sub from bending all the way over, leaning over the top of a chair or couch can also work.

Face slapping has come up in many of my workshops as a very degrading physical activity. It's an action that requires a good understanding of safety (the head is a delicate thing!) but it is incredibly intimate and intense. Some good rules to follow are: only use your fingers (never your palm) and only strike on their cheek (not whole face). Also, it doesn't take a lot of power to get your point across -- this is not about swinging your arm and slapping

them wildly. You're much better off using less force and relying on taboo and intimacy for the humiliation.

Figging is also a fun (and painful) option for physical punishment. Carve a piece of ginger into a butt plug by peeling the skin off and shaping it into a phallic shape (don't forget to make a flared base end so it doesn't get lost inside of them!). Then require the submissive to hold the piece of ginger in with their ass cheeks while getting spanked or being put in the corner. It really ups the ante!

Figging -- Using a peeled piece of ginger, carved into the shape of a butt-plug, as a form of anal "torture." The spiciness of the ginger causes a burning sensation inside the anus.

Lectures on discipline can be super-hot for some and dreadful for others. Getting a verbal "dressing down" for a real or imagined slight can bring about feelings of being small and vulnerable and under the dominant's direction. Wag your finger, deny eye contact, or have the submissive look you square in the eye as you talk down to them. I've found that intelligence-based insults aren't well received by most people, but there are some subs who enjoy them -- make sure you know which is which.

More ways to play:

- Make the submissive balance a book on their head while doing squats.
- Wash their mouth out with soap (use a bar of soap, not squirt soap).
- Make a dunce cap for them to wear while doing chores.
- Use exercise such as jumping jacks or sit ups for a healthy punishment!
- A cold shower can be an invigorating punishment.
- All meals for a set period of time must be of foods the sub dislikes.
- Put a clothespin on their tongue if they've "talked back" or been rude.

Protocol is shorthand for the social rituals you want your submissive to follow. For example, this might include how you expect your sub to greet you (titles or actions), how you want them to address other people (as equals,

superiors, etc.), how they should leave or enter a room, where or how they should stand, how they should behave at public events, whether or when eye contact is appropriate, if they are allowed on furniture, or how they should refer to themselves (I, it, this sub, Your sub, etc.).

Physical positions – Learning “submissive positions” and playing a type of kinky Simon Says can be both useful and fun.

Popular positions include: on knees with head down, forehead pressed against the floor, or on their knees with head up and hands behind their back or neck, standing at attention, nose to the wall, or sexually available positions. Learning how to hold still while in these “slave” positions takes concentration and practice. Being still and attentive teaches body awareness as well as “active waiting” which is a very important skill for a service submissive.

More ways to play:

- Play a type of kinky Simon Says to have the submissive practice positions.
- Put them on a leash and collar to learn to heel as they walk behind you.
- Use impact play to distract them as they practice positions.
- Instruct them to practice tone of voice and facial expressions in a mirror.

CHAPTER 16

Everyone Is Watching, (But Nobody Cares): Playing in Public

"A lot of times it's the people that are witnessing the act that make it more or less humiliating as opposed to the act itself. For example being made to pee your pants in private is a little humiliating. Being made to do it in front of other much more so."

- ANONYMOUS

For lots of humiliation enthusiasts, having someone witness the experience either heightens the feelings of humiliation, or is actually required for them to feel humiliated. There are different levels of public that you can play with; for instance, there is a big difference between playing at a public dungeon or kink/BDSM event, and going out into the "real world." Both allow you to be "seen" but at different levels of intensity and risk.

I'll admit that when I was younger and maybe had less to lose, I was more flagrant in my public humiliation experiences. I've trampled people in the middle of shoe stores on Newbury Street in Boston saying, "Oh, I think I could go hiking in these!" People look away or at most mumble, "Weirdo," and then they go back to their lunches and affairs and shopping lists -- overall, most people are rather wrapped up in themselves and their own lives. Those around us didn't care -- but my submissives didn't realize this, and it only

increased their humiliation. The bottom line is that if you're not doing anything outright obscene, most people don't notice. Stay away from cops, and stop when you're around children and families (their parents have plenty of ways of screwing their own kids up). Otherwise, people may glance but they'll rarely say a word.

Going to kink events is a great way to start to explore being around other people, but in a safer environment. There are many to choose from: there are large BDSM events that take over whole hotels, fetish fairs to shop and network, classes and other small personalized kinky events. The gatherings known as **Munches*** are often vanilla and avoid being openly kinky, but they are a great place to meet other kinksters that might be interested in playing.

Munch -- A social gathering, typically defined by a theme (Age Players, New to the Scene, city-specific, etc.) that tends to be more of a casual get-together where kinky people can meet in a vanilla/non-kinky environment.

You can also go to places like **porn shops**. But please remember, just because they sell "obscene" materials that does NOT give you an excuse to be obscene when you go there -- it's just as rude as being obscene in a department store. Even though they have seen it all, it's still an obnoxious thing to force others to be involved in your kinky scene. You don't want to be rude and you don't want to be lewd -- to people who haven't consented, anyhow. Be a discreet pervert.

For somebody who's a foot fetishist, **giving a foot rub in public** can be an extremely embarrassing thing, because the act itself turns them on, and then the fact that somebody might notice that they are turned on pushes it over into delicious humiliation. I've taken my foot fetishist submissives to the park and teased them to give my feet, "A little sniff...just a little sniff. Just bend down..." and when they finally did, I'd say, "Oh, you DIDN'T -- Everybody was LOOKING!" Being around other people can be extremely exhilarating.

Bondage under clothing is an excellent option anytime and anywhere. Using thin or thick rope you can create a harness under your submissives

clothing that can go seen or unseen. If only your sub knows it's there they will always be wondering if anyone is noticing. If it is obvious then your submissive will receive curious stares and will feel embarrassed about letting people know.

As part of my safety protocols for professional domination sessions, I had potential playmates come and meet with me in a public spot, so that I could approve them before inviting them to my dungeon. There was a local McDonald's that we'd go to. They always had to show up first, and they had to have a rose so that I could easily identify them. I'd show up, and they'd be sitting there with the roses, looking all nervous. I'd walk up and in a casual voice would say, "Hi, slut, how's it going?" They'd choke up and say, "Oh my god." I'd say, "Honey, nobody cares about you. Nobody heard me, because nobody cares about you." Just that experience of being called "slut" in public got their motor running in a way it never had before -- as evidenced by their obvious face of horror and arousal. The power that these actions have is rooted in the different contexts: The horror because this is not the way the outside world sees them, and the arousal because they were being publicly humiliated in a context that was ultimately safe (i.e., consensual negotiated play).

I always grin when I'm doing mean things in public. People get very confused by that, which is the kind of confusion that I like!

Extra Things to Consider –

Gender -- The difference between being a female dominant and a male dominant here is especially relevant in public humiliation. Women definitely have the upper hand in this type of situation: women can do things to a man in public which, if a man did them as obviously, would be seen as abusive and would likely invite hostile looks and possibly law enforcement. It is most important for male dominants with female submissives to keep things especially subtle so as not to attract too much unwanted attention.

Preparation -- Scope out the potential public play areas in advance if possible, or at least learn to do a quick but thorough look around for spontaneous play. Are there areas, benches perhaps that are particularly exposed to public view?

Safety -- There's plenty of fun to be had without landing in jail and creating real problems in your life. Know what will get you in trouble, but in general: no exposure, no genital contact or overtly sexual behavior (the law calls this "lewd and lascivious behavior"). Be especially aware of police and of any children and families around.

Practice -- Prepare responses and drill them into your own head and your submissives in case anyone in the public gets concerned. Practice different stories for different situations (e.g., it's a performance art piece, they lost a bet).

Respect Vanilla Folk -- Be subtle. It all depends on how you carry yourself; there's no need to be overly dramatic. If what you are doing is obviously disturbing a number of people, then tone it down or go to another place to play.

Many people don't believe that it's *ever* ethical to involve others in your scene without their explicit consent. I agree with that to a certain degree. I don't EVER condone treating strangers in a sexual way. Don't imagine that what you're doing is imperceptible or that it can't possibly affect people who don't know every detail of what's going on. Even an inkling of what's transpiring can make people feel put upon or used as props in a sexual game. Public humiliation is not about actively involving non-consenting individuals in the sexual energy that you both are sharing.

More ways to play:

Shopping Malls -- Shoe stores and lingerie stores (come out to model it, make your submissive tell the sales-person that it's for him, use separate bags for his lingerie and your lingerie), turn your submissive into an ATM by "withdrawing" money from their wallet, have the sub carry the shopping bags around like a donkey, get your feet massaged surrounded by bags of purchases (also see the chapter on Financial Domination).

The food court at the mall! I love to shop – and when it's time for lunch, we go and sit and I order and the submissive orders. Since most of the food

stands use disposable plates, there's no hygiene issue. When it's time for the submissive to eat, they bring their food to me. I can spit right on the top of their food -- say, three nice, big dollops of spit. I can say, "Good boy. Now, go and eat." Again, if somebody was watching, they might be grossed out, but I would not have done anything illegal or sexually obscene.

Restaurants -- Be respectful to your food server (always tip!). Have a vanilla excuse prepared. Ideas: sex in a private bathroom, send the submissive to the bathroom to masturbate or take off panties, use a remote vibrator during dessert, put cum in the salad dressing (use your own dishware for sanitary purposes!).

Porn/sex shops -- These are a good option for a taboo environment but of course remember to be respectful of the employees. They've probably seen it all but you don't want to go overboard. Also, be respectful of the other customers; many of them had to work up the courage just to go into the shop, and you might just scare them away forever. Go shopping together and make the submissive bring all the toys up to the counter and pay for them. Or you can send the submissive in for a list of items you've already bought and paid for. Or they can go in to request the largest dildo available or some other choice that will make them embarrassed to ask for it.

Liberal Cities -- There are some cities that have a higher tolerance for people being "weird" in public. In these cities you're likely to be given merely a cursory glance if the locals notice you at all (though the rule to "avoid being obscene" still applies!) In the United States I've found that Las Vegas, San Francisco and New York are the most liberal. During certain festivals and events there are also some international cities such as London and Berlin that can also be friendlier than usual to the kinky crowd.

Wimpy and I were in Las Vegas. Wimpy had brought me and my best friend to Vegas to shop and see shows. Coming out of a show one evening, Wimpy thought it would be funny to make a joke. I made a comment about wanting to get some exercise and with a laugh, he said, "Yeah, you could use a little exercise, Princess." I stopped. He

stopped. I said, "Okay...Let's think for a moment. Let's think for a moment about the words that just came out of your face." He had bought my girlfriend and me a bunch of clothes and souvenir goodies. He had been carrying all of the bags and I said, "You are going to take those bags and crawl through this casino. Then, we're going to get into a cab and you're going to crawl through our casino to get to our room." So, he got right down and crawled, trying to drag all of the bags along with him while awkwardly moving forward on his hands and knees.

And I followed him while lightly kicking him in the ass, saying, "Yeah, who's fucking fat now? Yeah, who needs to exercise? You pig – let me hear you oink, pig. Who's a fucking piggy?" I was not shouting or anything, but I was rather stern and relentless. As I kicked him though the casino a couple of security guys joined us. They didn't say anything since we weren't doing anything sexual; I wasn't causing a big scene, and Wimpy was grinning like it was Christmas morning, so he was obviously not in any real harm.

When we started going through the second casino and got to the elevator, two women in their early 20's came up to us, giggled and asked, "Is this sexual?"

I said, "Well, does it look sexual?"

One woman said, "I don't know."

Not wanting to spoil it, I thought quickly on my feet and responded, "Actually, I'm a trainer and when men are inappropriate, their girlfriends or wives send them to me to gain compassion."

She was like, "That's genius."

"He had made a comment about his partner's weight, which was insensitive. What we're working through right now is the experience of being shamed in public."

I launched into this weird, but reasonable-sounding explanation. Then, I kicked Wimpy into the elevator and said, "Okay, you can stand," because there was a bunch of other people on the elevator. One guy looked over at us and said with a smile, "It takes all kinds." He hit the door close button and that was the end of the scene.

Renaissance Fairs -- These are a great place to take your submissive; almost anything goes at these hedonistic affairs. Most people are carousing and don't take anything too seriously. So, if you brought your submissive on a leash and had him (or her) serve you as a King or Queen, it would fit right into the spirit of the event. Dressing the part is part of the fun, so get as elaborate as you'd like. People will be envious and you'll draw a crowd for your antics. Or, if you'd rather keep it low key, keep your actions subtler so no one notices. Most fairs have a booth where you can rent a variety of costumes, from simple but appropriate to extravagant as royalty. Play a part for the day -- it may loosen up a side of yourself you've never seen before.

Kink/BDSM Events -- All over the United States there are outdoor kinky camping events as well as hotel events that are excellent opportunities to explore erotic humiliation with a like-minded audience. It is likely your public play will be met with appreciative glances and green-eyed submissives on other people's leashes.

Let the public be your friend, your tool, your respected ally. Their unconcerned (or entertained) gaze is worth more than you can possibly imagine.

CHAPTER 17

Walking Wallet\$ and Human ATMs: Financial Domination

"Financial domination, begging my Goddess for the honor to pay further beyond my means. Also, when my Goddess decides that I am not worthy to see her on cam-session and she moves the camera so I pay to see darkness. I am not sure I have ever cum harder in my life than when I was paying \$12 a minute and all I saw was darkness."

- FINANCIALPAYPIG

Money and death are two of the biggest taboos out there, with sex, of course, being the third leg of that tripod of cultural shame. So if you combine money and sex, you've got a whole buffet of taboos and triggers available to you to use for humiliation play.

The stories that we grow up with, including those that reinforce our relationship to money, are not always clear to us. But one thing's for sure -- money is a powerful tool. It can be a super-triggering thing in people. Kinksters can seem to have an extra layer of taboo around money. Many communities and individuals are adamantly against any kind of money involvement in kink, expressing a philosophy that keeping money out of the equation keeps the kink somehow "pure." This is nonsense. Money is incredibly powerful in our society, and so taking control of someone's wallet renders them powerless,

and can create a strong feeling of humiliation. For some people, they have a direct fetish for incorporating money. The financial part -- far from sully the "purity" of their experience -- is essential for their arousal.

Financial domination* is basically any technique of using money to dominate -- and for our purposes, to humiliate. Money is a tool of power that can be used to great effect -- but financial domination is not for everyone; use it if you are attracted to it, ignore it and set it aside if you aren't. I've often said that financial domination (of any sort) is at one of the farthest edges in one of the edgiest ways to play.

We've talked about levels of play with humiliation generally, and about how you don't jump into the deep end if you haven't tested the water. The stereotype that "extreme" is the only speed at which to play with humiliation leads to the belief that all financial domination is at the "bankrupt or bust" level of engagement. This is simply not true -- there are many opportunities to humiliate someone by controlling their wallet without the ultimately impractical humiliation of bankruptcy.

And then there are the gendered stereotypes. The idea that all men who pay for things are always sugar daddies and the idea that all women who don't are always gold diggers, are both equally untrue.

Financial domination *can* be wielded like a great big sledgehammer, and there are certainly people out there who like to put themselves in real-world danger by putting their entire bank account on the line. The niche market of online financial domination is an example of this, where it can have a feel of a dank, dark, dirty Las Vegas back room where everyone is betting big and losing hard. This can magnify some kinksters' already negative impression of financial domination -- they only see the creepsters online who are just looking for a payoff, without any nuanced understanding of kink or of how a financial fetish works.

I'm something of a financial domination activist, and have run into some negative response in the kink community. I find it's a matter of perspective. So when they say, "Gosh, that's a lot of power to hold," I respond with, "I

know. Like when you have somebody strung up and suspended and you've got a hundred clothespins on her body. I bet taking five bucks out of her wallet would really fuck her up, right?" Abuse of power is abuse of power. You can abuse your power regardless of what someone is willing to do for you -- whether they put their genitals, their psyche, or their wallet in your hands.

As with any of these activities, submissives should be careful who they trust, how quickly they share personal information, and how much and how quickly they push their limits. Hey, subs! Obviously you don't want to hand over your bank account info to someone you've had two coffee dates and one kink party adventure with. Use common sense and be responsible for your adult self.

Ways to Play

So, besides the big, exceptionally dangerous fantasies around bankruptcy, there are plenty of ways you can play with money as a tool of humiliation in smaller, less destructive ways. My financial domination philosophy is, "I make reasonable sexy." I put the focus on the power of money regardless of the level of spending. I emphasize that ANY control I exercise over their money is a humiliating (for them) act.

It can be as simple (and practical) as **buying a cup of coffee or purchasing groceries**. Or perhaps something more pleasurable but financially accessible such as a pedicure or cocktails for you and a friend. The amount spent is not what's important. It's using money as a tool and figuring out where your boundaries are.

One of my favorite things to do with my submissive is pluck \$20 out of their wallet to take a friend out for a drink. I'll make sure that I'm wearing something really tight, or revealing, or maybe it'll be right after I get out of the shower. I'll lean down over their face as they kneel before me, I'll get right up close to their ear and I'll whisper seductively, "Open your wallet." I say it really slow, and I stroke my body in a mesmerizing way. I'll command my submissive, "Open up your wallet so I can see that cold hard cash. Wider. Wider. I want you

to spread that wallet wide open. Spread it open, bitch! Good, I want to see all the money. I want to play with it with my fingers. Mmm, do you mind if I stroke your money for a second?"

See what a different feeling that is than saying diffidently, "Hey human ATM, go get me some more money, because that's all you're good for." It can be sensual. It can be dismissive. It can be more about the control than the cash.

Being a human ATM, of course, is very fun for some. I had a personal submissive from Philadelphia who served me well for quite a few years. When we first met, he asked if he could buy me a pair of designer shoes, though he didn't realize what he was getting himself into when he did! I was immediately hooked -- shoes have always been a weakness of mine and I learned quickly that shoes which are well-crafted and made with style as well as quality were an excellent investment (by him of course).

He has gotten me completely addicted to designer shoes, and so now every time I go out to visit him, I say, "Let's go to the mall! Time to adorn My glorious feet!" We go to all the different stores and we load him down with bags. Every time we go to the shop, it's, "Credit card. Money. Money for me. Give me your credit card." How humiliating is it for him to just hand it over and say, "How much?" to which I say, "It doesn't matter. Give me the card."

You can use that to your own levels and combine it with other forms of play -- with sissification, for example, you can say, "I'm going to buy you ten pairs of panties, and it's coming out of your allowance." If you're in a personal relationship, there are ways to do it without putting you both into bankruptcy.

On an especially exhibitionistic excursion to Victoria's Secret with my submissive Wimpy one time, he had bags, and bags, and bags from all of the shopping we were doing. He walked around the store with me, and in addition to the bags he was carrying, I kept hanging all of the bras and panties off of his pockets and pants. The salesgirls kept coming up to ask, "Do you want me to take those bags?" I kept having to say, "No, no, no. He's happy as can be. Don't worry about him. He's my little shopping donkey. He's got all the bags."

You'd be surprised at how aware people are about this sort of thing. They may not completely understand the dynamics of what you're doing, but people understand that there are people like us in the world. You don't have to hit them over the head with it, and in fact you shouldn't.

In a completely different way of using financial domination, use can flip it on its head so that **a submissive accepting money can be a humiliating act**. It's not a technique that would generally leap to mind when most people think of financial domination, but can be just as useful. Some submissives have deeply embedded pride issues around supporting themselves financially -- if these submissives are put in a (real or imagined) dire financial situation, or even if they're just in momentary need of financial help, then you might as well eroticize that experience of "forcing" them to accept the financial assistance that a dominant is offering.

Another way to exert financial domination is through budgeting and allowances. Does the submissive struggle with sticking to a budget? A bonus twofer: incorporate kinky play into building better life habits. Is impulse shopping an issue? Require that the submissive beg and plead and make their case before granting (or not granting) permission to spend their own money.

Financial domination tends to have a lot of particular baggage and taboo; it's very important that you negotiate around these actions before putting them into use.

More ways to play:

Practical:

- Set up a direct deposit from the submissives account to an ROI to save for your future.
- Every month at an appointed time, the sub must present cash to pay for a specific bill.
- Choose a luxury the submissive can forgo to pay for a luxury the dominant wants.
- Use behavior modification techniques to train the submissive to use a budget.
- Have the submissive go through trash to collect recycling to trade in for cash to spend.
- Find the submissive a “demeaning” second job.

Pleasurable:

- Have a foot fetishist place a dollar at your feet every time they kiss each toe.
- Go shopping with your submissive and then have them highlight their favorite purchases on the receipt.
- After going shopping allow the sub to kiss their favorite body part, one kiss for every \$10.
- Once a week or month, the sub is instructed to purchase a book off the dominant's Amazon.com wish list.
- In a cuckolding scenario, the submissive can be required to pay for a date with the dominant and their lover.

CHAPTER 18

Conclusion

W hew, that's quite a tour through the wide, wonderful world of erotic humiliation! The huge variety in activities and approaches is one of the reasons I am continually drawn into playing with this psychologically potent kink. One of the most common comments when I teach this topic in-person is how often kinksters come to the class "just to check it out," believing that they don't have an interest in erotic humiliation. After listening to me talk, and to others in the class share their fantasies and past experiences, they discover that they've *already* experienced this type of play (or do have a desire for it) but simply have never thought of their fantasies as humiliation since it didn't make them feel "bad" (one of those common stereotypes I talked about at the start of the book).

Like all of the other taboo activities that comprise kinky behavior, the end goal should always be a feeling of positivity and arousal.

The biggest key concept of them all is to remember that you can't humiliate someone with something they don't find humiliating, so this kind of kinky play is all about getting to know your partner and sharing the things that get you going.

Communication, as in all kink play, is high-priority. So even if it's challenging, *find a way*. Words are powerful, both as a way to share what your interests are and to engage the brain during scenes.

Take the time to negotiate, not only the activities and actions, but the goal feelings for everyone involved. There are as many ways to experience erotic humiliation as there are humans on earth, which makes it personal and nuanced. So spending time figuring out what you want and how you want it is a way to set yourselves up for successful experiences.

Remember that this is play! Adding kinky theatrics to sex can be fun, and even productive. Explore and adventure, but always with these 5 important components: Consent, Context, Intention, Trust, and Communication.

Visit EnoughToMakeYouBlush.com for more resources, links, videos, and community. I have ongoing surveys if you'd like to share your experience and possibly be quoted in a future edition or other titles.

Now, go forth and be kinky!

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I've said for many years, "it takes a village to support this Princess!" and that was true for this book as well.

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A very special and heartfelt thanks goes to all of my current and past submissives, without whom I wouldn't be the Dominant I am today. I thank them for all of the opportunities to play, practice, and learn and for their years of devoted service.

I am indebted to everyone who has shared their experiences with me, those that have taken the time to comment on my surveys and come to my classes over the past decade and more. The kinksters I have met in the BDSM community keep me curious, entertained and always coming back for more!

Resources

Glossary

Active Ignoring -- A phrase I've coined to describe my recommended way to do abandonment play that includes acknowledgment during the ignoring.

Aftercare -- Any sort of "closure" done after a scene. For example, having snuggle time or discussing how the scene went.

BDSM -- A popular acronym for Bondage/Discipline, Dominance/Submission, Sado-Masochism.

The Bubble -- A phrase I've coined to describe the "safe space" of erotically charged activities that still retain the "real world" context.

Chastity -- Orgasm control, a even more specifically the denial of orgasm.

Circus Kink -- A phrase I've coined to describe the need to have elaborate, complex scenes every time you play.

Cis-Het -- A shortened version of the term Cisgender Heterosexual, someone who identifies with the gender they were assigned at birth and is attracted to the opposite sex.

Consensual -- A quality of interaction based on explicit, informed, and enthusiastic agreement to and desire for the action at hand.

Consensual Non-consent -- A scene that contains an element of “force” that has been pre-negotiated.

Edging -- A pattern of masturbating right up until you’re ready to cum and then stopping and letting the build-up die away.

Figging -- Using a peeled piece of ginger, carved into the shape of a butt-plug, as a form of anal “torture.” The spiciness of the ginger causes a burning sensation inside the anus.

Financial Domination -- Any technique of using money to dominate.

Hard Limit -- An activity or word that is completely “off the table” and must not be done/said.

Hot Button (see Trigger)

Humiliatrix -- A term some female-identified dominants use to describe themselves.

Kali’s Teeth -- A device with spikes that can be added to a chastity cage.

Kernel Kink -- A phrase I’ve coined to describe the core aspect of your kink, the *why* rather than the *how*, the feeling desired rather than the action taken. Also described as an emotional goal.

Kink Buffet -- A phrase I’ve coined to describe the urge to try ALL THE THINGS when first discovering kink. Rather than “stuffing yourself silly” and rushing into trying too many activities at once (and possibly having a negative time because of it) trying kink in “bite size” portions to discover what you enjoy and what you dislike.

Munch -- A social gathering, typically defined by a theme (Age Players, New to the Scene, city-specific, etc.) that tends to be more of a casual get-together where kinky people can meet in a vanilla/non-kinky environment.

Non-consent -- The absence of explicit, informed, and enthusiastic agreement to proceed.

Pavlov Yourself -- A phrase I've coined, derived from the experiments of Dr. Ivan Pavlov; the act of ritualizing and using behavior training to achieve a certain feeling or headspace.

Pick-up Play -- When two or more people meet at a dungeon, munch, or other social venue and play without knowing each other beforehand.

Protocol -- Sets the rules for how certain things should be done, for instance, a submissive's position, or how they should speak when spoken to.

R.A.C.K. -- Risk Aware Consensual Kink

Ramping Up -- A phrase I've coined to describe the way to play with intensity, not making sudden jumps, but steadily increasing so that it's easy to stop at discovered limits.

Ruined Orgasm -- When someone gets to the point of cumming and something is done to ruin it.

SSC -- Safe, Sane, and Consensual

Safeword -- A coded word or phrase used to bring a halt to the action, typically an unusual word that has no ambiguous interpretation.

Shortcut -- A communication tool (such as a safeword) that uses a single word or short phrase to convey a larger concept.

Stage Whispers -- A phrase I've coined to describe the sort of behind-the-scenes communication that might need to take place *during* a scene.

Soft Limit -- An activity or word that causes discomfort but might be negotiated

Sub Space and Top Space -- A state of mind and set of default understandings that define and outline an individual's role and expectations in a scene.

Sub Drop and Top Drop -- The sudden physiological and psychological circumstance that results from the removal of stimuli and the cessation of a scene, typically requiring aftercare.

The Scene -- Some BDSM community members may reference the entire kink community as "The Scene."

A scene -- When the word "scene" has a lowercase "s," it usually references the time frame when kinky people are playing (a.k.a. a session).

Topping From The Bottom -- The concept that a submissive is attempting to control the dynamic or scene by sharing their desires.

Trigger (see also -- Hot Button) -- A word/phrase/action that elicits a strong negative response.

Twue-ism -- A statement made that is intended to assert a "one true way" or in the mocking slang of the kink community, "one twue way." The pronunciation of "twue" is intended to mock those that believe there is a single path to "real" kink expression.

Vanilla -- A term some people use in the BDSM community to indicate someone or something that is non-kinky.

Negotiation Guide

This is in no way meant to be a complete list, but it's pretty extensive and is focused on activities often associated with erotic humiliation play. I've listed many of the activities from throughout the book so that they're in one handy place during negotiation.

Remember that the negotiation process is meant to be fluid and ongoing.

Different activities will be appealing (or not) at a variety of levels as you progress through your explorations.

There are (at least) two ways to use this Activity List.

Option 1: I recommend that you focus on picking your top 5 or 10 to start with rather than trying to figure out ALLTHE THINGS that you want to do. Don't forget the **Kink Buffet*** analogy, you'll have much more delicious experiences if you try bites at a time instead of trying to stuff yourself silly all at once! After picking your top activities you can go through the negotiation questions specifically for each activity, including any previous experience you've had and any details about your interest and limits (for example; I really enjoy/desire piss play but have a hard limit on ingesting.)

Option 2: The more traditional way of using a list like this is to go through the whole thing and rate each activity by willingness and experience. Using a

scale system you can mark each option with the following (if you don't know what the activity is, just put a question mark "?")

NO -- Zero interest/**Hard Limit**

1 – Not very interesting, don't want to try it

2 – Looks interesting, is up for discussion/**Soft Limit**

3 – I could be interested in this if you are!

4 – I'm very interested in doing this/Let's try it

5 – Favorite Activity/Topic Pick List

Or you can invent your own scale, but make sure you are clear about what each thing means! You should also discuss the level of experience and any details or specifics about your interests.

Activities List

Abandonment	Boot worship
Age Play	Breath Play
Anal Training	Bruises
Armpit Worship	Bukkake (cum on face)
Ashtray Service (swallowing ash)	Butt plugs
Begging	Burping
Being "all powerful"	Cages
Being "caught" masturbating	Chastity
Being "loaned out" for service	Cleaning
Being "loaned out" for sex	Clothed Female, Naked Male
Being "owned"	Corner Time
Being "powerless"	Confessing fantasies
Being called "it" or "thing"	Consensual Non-consent
Being ignored	Corporal Punishment
Being stomped/crushed	Crawling
Being turned into a dog	Cross-Dressing
Being led around on a leash	Cuckolding/Cuckqueening
Being turned into inanimate furniture	Cum Consumption
Being watched while masturbating	Dehumanization
Blackmail and "Being Outed"	Denial of speaking
Bondage & Physical Restraint	Diapers
Body-image insults	Dildos (sex toys)
Body modifications	Dirty Foot Worship

Domestic or household chores	Phone sex
Edging (being kept on the brink of orgasm)	Piss Play – ingesting
Endurance Testing	Piss Play – golden showers
Enemas	Protocol Training – submissive positions
Examinations & inspections	Protocol Training - other
Exhibitionism	Public Humiliation – Kink Events
Eye-contact restrictions	Public Humiliation – General World
Face Slapping	Quizzes and Tests
Farting	Race Play
Financial Domination	Rough Physical Handling
Fisting (vaginal or anal)	Ruined Orgasm
“Forced” Bisexuality	Scolding (verbal lectures)
“Forced” Feminization	Scat
“Forced” physical exercise	Serving as a maid or butler
“Forced” to suck a strap-on	Sensory deprivation
Gags	Sexual Objectification
Gender-based insults	Shaving body hair
Genital Torture	“Slutty” clothing (private/public)
Genital Worship	“Slutty” makeup (public/private)
Group sex	Small penis humiliation (sph)
Hair pulling	Smelly Foot Worship
Hand-jobs (giving/receiving)	Spit
Hoods (partial/full)	Sploshing (messy food play)
Intelligence-based insults	Spreader bars
Kneeling	Tease and Denial
Masturbation instruction	Time-out punishment
Modelling for erotic photos	Verbal abuse
Mouth-soaping	Verbal mantras
Nudity	Watching pornography
Nipple play (“nipple torture”)	Wearing leash & collar
Obedience Training	Wearing lingerie/panties
Orgasm Control	Wearing signs
Orgasm Denial	Wrestling
Over the knee spanking	Writing on body
Predicament Situations	Writing sentences

Vocabulary List

ashtray
ass
bitch
brown-eye
bunghole
butthole
cock
court Jester
cow
rack
creepy
crude
cuckold
cum
cunt
degraded
desperate
dirty
disgusting
dog
douchebag
embarrassed
eye-sore

face-fuck
faggot
filthy
freak
frivolous
fuck
fuck doll
full of shit
garbage
gash
geek
grimy
half-wit
hole
humiliated
idiot
immoral
incestuous
incompetent
inferior
infested
ingrate
insect

insignificant	splunk
jackass	subbie
jizz	thing
juvenile	tight ass
knockers	toilet
lame	trash
lazy	twat
loathsome	unacceptable
loser	unclean
lowly	unworthy
lustful	used
maggot	vacant
nasty	vile
nerd	vixen
nutsack	vulgar
pansy	weenie
Parasite	whore
pathetic	wimpy
pervert	wishy washy
pig	
pitiful	
prick	
pussy	
putz	
rebellious	
ridiculous	
scum	
sinful	
skank	
slave	
sleazy	
slit	
slut	
slut-buttons	
smart ass	
snatch	

Suggested Online Recommendations

EnoughToMakeYouBlush.com – The companion website for this book where you will find additional resources. Download a specially designed Negotiation Form and find related products such as the **Scene Starter Humiliation Deck™** which features more than 200 creative phrases to use in erotic humiliation play.

KinkAcademy.com -- This is a website I created in 2007 which now features over 1400 videos by over 125 educators (myself included). It's a huge resource that you can watch at your own convenience on your home computer or mobile device. Learn from a wide variety of perspectives on a huge range of BDSM, gender and sexuality topics.

SubmissiveGuide.com and DominantGuide.com -- Two websites that offer extensive, high quality information for submissives and dominants respectively. They offer articles, ebooks, ecourses and so much more...I'm a big fan!

CoachingByKali.com -- I offer personal coaching sessions, most frequently focusing on; dominant and submissive dynamics, overcoming relationship obstacles, and new ways to play and explore. Singles, couples and poly groups are all welcome as well as anyone anywhere along the gender spectrum. Mention this book for a special discount.

Kinkbnb.com -- An invitation only website that's new to the BDSM world, here you can find dungeon & kinky place space rentals. I don't have any experiences with it personally but have started to hear good things.

Fetlife.com -- A social site for kinksters. It's a great way to find events near you and connect with others who share your interests (though it's not structured as a dating site). There's a large number of 'groups' based on various activities and affiliations and it can be a good place to find information and inspiration. HOWEVER, I caution you to be careful to take all of the writings with a grain of salt, the site contains quite a bit of mis-information.

NSCFreedom.org / KAP List -- Kink-Aware Professionals -- a "listing of psychotherapeutic, medical, legal and other professionals who have stated that they are knowledgeable about and sensitive to diverse expressions of sexuality."

ScottPaulDesigns.com -- The creator of the "Humiliator Gag System™" an innovative and incredibly versatile item which can be useful in many types of scenes. You can purchase; a serving tray, toilet brush, feather duster, ash tray, boot brush, dildo, and toilet paper dispenser -- all of which click interchangeably into the mouth gag piece.

Stockroom.com -- This site sells a huge selection of sex toys and BDSM gear, you can find just about anything you fantasize about here. I mention it in the golden showers chapter for the "piss gag" which can be used for "forced" piss ingestion.

Survey Question: What are your favorite interests/experiences?

Being made to beg. Especially for something I want/don't want. Being called greedy, pointing out how insatiable I am in a 'you slut' manner. Getting in "trouble" and being punished. Sometimes intentionally. 'Funishment'. Being made to be sexual with another person at my Sir's orders. Pee play. Never done it, but I want to. Being peed on.

- Boundprincess

I enjoy aspects of giving up control, and most of my interests are either being sexually controlled in a way that is humiliating (e.g., ruined orgasms, anal training) or taking something I love and using it for my humiliation (e.g., forced cum eating).

- Anonymous

Piss play (especially piss drinking), having sexual acts privately referenced while in public (e.g., "I wonder if anyone can smell the cum on your breath?" whispered in my ear). Being offered for sexual use. Being forced to piss myself. The more nonchalant/indifferent about my possible discomfort, the more humiliating/degrading (and hotter) it is.

- Corrine

Without a doubt the most powerful fantasy is either being outed for being such a pervert, or someone in my real life discovering my secret and using it to blackmail and abuse me. Obviously these are a bit strong to go past the fantasy stage, but I have experimented a good bit with PG-13 real-life humiliation.

- Anonymous

Tease and denial, forced orgasm, orgasm denial and control, making him eat his dinner from a bowl on the floor, making him wear my panties when he has a doctor's appointment and they will be seen, only referring to him as "the boy" when in the presence of other kinkster friends, making him lick my muddy shoes clean, making him drink my piss. Making him cum onto the floor, then forcing

him to lick it clean, reminding him that he is a dirty foot boy, farting into his face.

- The Amazon

In my work, I like peeing on clients and forcing them to do things and roleplaying I am a teacher or mom. I call them ugly, worthless, a bad influence on their sister, I teach them a lesson. I spank men hard and make them dress up in girl clothes. I do small penis humiliation and get out a ruler to mock them. I pretend I'm a nurse and make them undress, objectify them, take their rectal temperature. Milk them for their sperm, etc. In my personal life, I'm into cuckolding and cuckqueaning. I like exploring edgy past things. Slut and bitch is no big deal, it's when my partner calls me stupid or "you're just like your mother" that is hardcore for me. My mom is crazy and gross and I don't want to be like her. I love when he pees on me and spits on me and works me over, uses and objectifies me. I've done an MFM threesome where I was used and humiliated, it was hot. My partner loves me deeply, so it is awesome he can go here with me. He can treat me like a queen, but also treat me like garbage in a scene.

- Kendra

I would never enjoy insulting my husband's looks or his physical attributes. Firstly, I would have problems coming up with anything as I think he's absolutely gorgeous. Secondly, I myself feel it's cruel and nothing I want to engage in. The same goes regarding his intelligence; he's a very bright man who reads books, enjoys arts and has a University degree, so to mock his brains would just be foolish. Then again, any other type of humiliation which tickles his need to serve me is awesome for both of us. He also enjoys masturbation and receiving anal, so watching/instructing/training works for him on both levels, physical and humiliation. And as for myself those activities provide incredible mental stimulation, all the way up to physical arousal as well.

- Miss JW

I had the opportunity to serve a dinner party with my wife and two other women while I was dressed as a maid. There were games I had no chance of winning that I would receive a punishment for losing as well as a punishment for each error made while serving. The punishments were pies in the face, spanking and forced foot worship. It was the most fun I've ever had.

- SploshLover

Being a service orientated submissive to a female who is aware of my extreme foot fetish and submissive nature and uses it to exploit me for her needs. No sexual contact needed. Someone who expects me to obey with nothing in return. Someone who expects life devotion and in return lives normal life with family friends etc. with no thoughts for my well-being. Financial domination, life management, religious worship.

- footslave

Using chastity and Tease & Denial to slowly work a very straight guy up to tasting his own cum, then to taking a strap-on, then to sucking a guy (at a glory hole possibly) and then eventually to swallow cum. Depending on the guy it takes weeks to months but the longer they resist the more fun I get out of it. I've done it to three separate guys (working on 4 & 5 right now) and it's the sexual high of my entire life.

- Lanie

I think many of the things on the [negotiation] list such as scat, piss play, anal training, age play etc. aren't in and of themselves humiliating. However, once the word "forced" is added, they'd become extremely so. Similarly, any of the previous activities mentioned or other types of play combined with verbal insults becomes exponentially more humiliating than either one is separately.

- Father Klyde

Being tied, blindfolded, gagged, and "abandoned" can also be very humiliating. So is urinary control, where sub isn't allowed to pee

without permission. And being caged/tied and “abandoned.” In quotes because my Domme has to remain in the apt/studio/house. Real abandonment is too dangerous to undertake.

- A

Having to clean things using my tongue, especially the floor or toilet seats. Having to fuck inanimate objects such as trash cans. Being used as a boxing dummy. Having to walk a few meters behind her, out of sight. Masks, and having to cover my face. Being locked outside in the cold or rain, waiting on my knees. Being tied up under the bed (especially in combination with cuckolding). Crushing/destroying stuff with emotional value. Financial domination.

- Jasper

Not being referred to by name, and hearing lots of pet names and humiliating names all day or for days at a time. Being publically submissive. Adjusting her boots, sitting below her level, being patted, etc. Hearing her talk to someone else about something embarrassing I’ve done. Being required to be naked outside the home e.g.. - Naked just for her amusement e.g. in the car while driving around, while on a bush walk, while doing odd jobs around the home. Also in a semi-public place so that the nakedness is the bondage i.e. no clothes means I can’t step out of a room or have to hide somewhere out of sight until she is ready to get me. Required to masturbate and cum while being watched at odd moments e.g. she just stops the car on the way somewhere and tells me to cum quickly or made to cum in my pants while having dinner out at a restaurant. Made to ride in the boot of the car naked/plugged. - Being gagged, plugged, blindfolded etc while just hanging around the house. Eating cum. Being told that I will have to [eat it] if I cum. Any verbal teasing about it. - The list could go on forever...

- P

I guess I find it difficult to separate “I’ve done it and I loved it” versus “I’ve done it and I hate it”. I love hating things. I hate loving the

things I do. The more conflicted I am, the more I get off and fantasize about it.

- Ash

Admission of various things [that are] “slutty”. Unfamiliarity with someone who’s topping/fucking the sub. Wetness/hardness. Drooling/gags. Controlling vocabulary, posture. Keeping journals. Assignments: self-bondage, discipline - photo or filming of assignments. “Time-out” Self-messing: rubbing scat/spit/piss/cum/squirt on own body, face.

- ohgodwhy_me

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